

2-1985

# Maine Running & Outing Magazine Vol. 6 No. 2 February 1985

Robert E. Booker

Follow this and additional works at: [https://digitalmaine.com/maine\\_running\\_and\\_outing\\_magazine](https://digitalmaine.com/maine_running_and_outing_magazine)

---

## Recommended Citation

Booker, Robert E., "Maine Running & Outing Magazine Vol. 6 No. 2 February 1985" (1985). *Maine Running and Outing Magazine*. 1. [https://digitalmaine.com/maine\\_running\\_and\\_outing\\_magazine/1](https://digitalmaine.com/maine_running_and_outing_magazine/1)

This Text is brought to you for free and open access by the Maine Running History at Digital Maine. It has been accepted for inclusion in Maine Running and Outing Magazine by an authorized administrator of Digital Maine. For more information, please contact [statedocs@maine.gov](mailto:statedocs@maine.gov).



BULK RATE  
U. S. POSTAGE  
**PAID**  
Bangor, Me. 04401  
Permit No. 7

Address Change Requested  
PO Box 259, E. Holden, ME 04429



**\$1.50**

**MAINE  
NORDIC COUNCIL**

VOL. 6 NO. 2 FEBRUARY 1985





# OLYMPIA

**SPORT  
CENTER**

## YOUR RUNNING HEADQUARTERS

THIS MONTH FEATURING THE  
**BROOKS CHARIOT**

FOR MEN AND WOMEN



**\$59<sup>99</sup>**

**BROOKS®**  
*High performance from the ground up.*

The new Brooks Chariot, the state-of-the-art technology in high-performance running shoes. The exclusive Diagonal Roll Bar provides a natural barrier to help prevent the foot from rolling too far inward.

## ***Stamp out rock & roll.***



# OLYMPIA

**SPORT  
CENTER**

MAINE MALL/South Portland/773-8131/Mon. - Sat. 9:30-9:30/Sun. 12-5/Visa & Mastercard  
NEWINGTON MALL/Newington, NH/(603) 431-4304/Mon. - Sat. 10-9:30/Sun 12-6/Visa & Mastercard





Sixty issues old! That's how old we are now. Five full years of bringing the best of our sport to the people of Maine. I would like to be able to say "It seems like only yesterday..." that Skip Howard, my brother Bruce and I spread the pages out on the counter of the Bangor Phidippides and hand colated that first issue in the late days of February 1980, but it really doesn't. It has been a long and wonderful five years, filled with memories of sleepless nights, hard training runs, quick races as well as ones that seemed like they would never end.

The years don't just slip by, they're filled with work and play and I'm sure that's the way it must be for Carlton Mendell. The past five years have taken Carlton well beyond many of our wildest dreams. "I want to win a major road race when I'm 62!" How many of us have dared dream such a mad dream? Carlton has; and Carlton has.

All the years on his back just seem to sit like flower petals. He shows us all that running is truly the thinking person's sport. That you can get as much mileage out of using your body well as the very young get so effortlessly. The old adage, "Youth is wasted on the young" is dramatized in the efforts of the grand Portlander, and we are all left to wonder, "What if he were just 30 years younger?"

Perhaps he wonders, "Just wait 'til I'm 70!"

MAINE RUNNING AND OUTING MAGAZINE is published monthly at Bangor, Maine.  
Editor: Robert Booker, PO Box 259, E. Holden, ME 04429 (207) 843-6262

## FEBRUARY AND THE YEAR'S EARLY CALENDAR 2-4

Here is what was available on the 14th of January. If your race isn't here, let us know.

WHAT ME RUN? 4

CLUB NEWS 5

If there is no address on the calendar next to a race you are interested in, write to the club listed after it.

MAINE TRACK CLUB NEWS 6

SKI TOURING CENTERS 7

MR&O would like to extend a welcome to Ski Nordic at Saddleback and the Snorada Ski Touring Center to the list of advertisers. Go ski 'em!

MAINE NORDIC COUNCIL SCHEDULE, BILL KOCH & M.A.R.A. 8

SKI WAXING PHASE II 9-10

Frach has some more tips that I should have followed in my first Biathlon (see THE PACK)

APPALACHIAN MOUNTAIN CLUB NEWS 11

Are you ready for whitewater canoeing? Just get someone to chop the ice very fast!

KIM BEAULIEU by Ed Rice 12-18

A look at the state's toughest runner; bar none!

MAINE RUNNING & OUTING NEWS 19

THE BEST OF TIMES 1984 20-21

Who did what in '84?

THE PACK 22



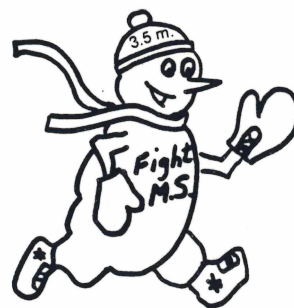
# February

# '85

- 3 SRI CHINMOY INSPIRATION MARATHON. 8 a.m. in Hampton, N.H. The race will be held on an exact, 1 mile flat loop, on well-paved, scenic country roads. Contact: David Rosenberg, 61 Church St., Watertown, MA 02172
- 9 THIRD ANNUAL FROSTBITE 5K. 11 a.m. in Skowhegan. Showers, lots of free soup, chowder, and beverages. T-shirts to the first 100 runners registered and door prizes. \$4 pre/\$5 post. Contact: Bill Stone, Dollars for Scholars, Skowhegan Area High, Skowhegan, ME 04976. See flyer.
- 9 4TH ANNUAL WILD KATAHDIN TRUST SNOW RUN. 11 a.m. from Katahdin High School in beautiful downtown Sherman. 4.8 miler. Contact: Loren Ritchie, Katahdin High School, Sherman Station, ME 04777 (Woods Runners)
- 10 4TH ANNUAL MID-WINTER 10 MILE CLASSIC. Noon from S.M.V.T.I., So. Portland. \$3 entry Contact: Bob Payne, RFD 1, Box 305, Raymond, ME 04071 655-4156 (Maine Track Club)
- 16 WINTER TRIATHLON. 10 a.m. from the Country Club in Caribou. Contact: the Aroostook Joggnernauts, 93 Barton St., Presque Isle, ME 04769 (Aroostook Musterds)
- 23 FROSTBITE 5 SURVIVOR. 12 noon - Running Mini-clinic; 2 p.m. race. Contact Hector Pupo at 328-7096. The 5 miler starts at the Field House at Loring AFB in Limestone. (Moose Chasers)
- 24 DEMERS TRACK GLASSIC. 9 a.m. in the Athletics Fieldhouse East Bldg., Bates Colleg-, Lewiston, ME. See full page ad and flyer in January issue or contact: John Lafreniere at 784-5404

# March

- ? WINGED FOOT 5 MILER. at S.M.V.T.I. Contact: Dick Lajoie (Maine Track Club)
- 2 OWLROCK SAUNA RUN. 11 a.m. from the Owlrock Sauna in Mt. Chase, ME. the 6 miler is directed by Annaliese & Preston Hood. (Aroostook Musterd)
- 9 FROSTBITE RUN AGAINST M.S. 10 a.m. from Ellsworth High School. \$5 Contact: Jim Pendergist, PO Box 417, Ellsworth, ME 04605. 667-7101 (w) 667-8886 (h) See flyer
- 10 MARCH OF DIMES SKI TRIATHLON. At Pleasant Mt in Bridgton. Contact: Russ Connors (Maine Track Club)
- 17 KERRYMEN PUB-"TOP OF THE MORNING ROAD RACE" 4 MILER. \$3.50 in Saco Jim Swan
- 23 SPRING FLING 10K ROAD RACE. 11 a.m. from the Waterville Area YMCA, North St., Waterville. \$4 entry fee. Tim Rollins - Race Director
- 24 BOSTON PRIMER. 15 Miler. 10 a.m. at Maranacook School, Readfield. Contact: Marge Force, South Road, East Winthrop, ME 04343. 395-4596
- 30 THE GREAT LITE BEER MAINEIACS HALF MARATHON. 11 a.m. from the Holiday Health and Racquet Club, Odlin Rd., Bangor, ME 04401. \$5 Contact: Maine Running & Outing Magazine, PO Box 259, E. Holden, ME 04429. See flyer.
- 31 MAINE MILK RUN 5 MILER. From S.M.V.T.I. Contact Barbara Footer (Maine Track Club)



# April

- 6 CHAMPIONSHIP 15 MILER. Union to Rockland. Susan Schmitke - Race Director 594-2958 (Pen Bay Pacers)
- 14 FORT KENT 5 MILER. from UofM Fort Kent at 1 p.m. Frank Murphy - Race Director (Aroostook Musterd)
- 15 PORTLAND BOYS' CLUB 5 MILER. From the Boys' Club in Portland. Dave Paul - Race Director (Maine Track Club)
- 20 MOOSABEC ROTARY 3.3 BY THE SEA. 1 p.m. in Jonesport. T-shirts to first 50. Fee \$5. Contact: Dave Alley, 497-2843
- 20 SPRING RUN-OFF. 10 a.m. from U.M.P.I. in Presque Isle. 5K is directed by Dave Maxcy (Aroostook Musterd)
- 27 AROOSTOOK TRUST CLASSIC. 11 a.m. from Gouldville School in Presque Isle. 5 miler directed by Dave Rand (Aroostook Musterd)
- 27 APRIL AMBLE 4 MILER. Westbrook College Directed by Bob Hodgdon (Maine Track Club)

# May

- 5 TERRY FOX 5K. 1 p.m. from the Caribou Rec Center. Directed by Conrad Walton (Aroostook Musterd)
- 5 FALMOUTH LITTLE LEAGUE BENEFIT RACES (3 Races). Legion Field, Falmouth. Contact: Phil Pierce (Maine Track Club)
- 11 LIONS 5K. 10 a.m. from the Boy & Book Park in Houlton. Directed by the Houlton Lions Club (Aroostook Musterd)
- 12 MOTHER'S DAY ROAD RACE. Women's race. Contact: Skyward 594-9508 (Pen Bay Pacers)
- 12 BOB RICE MEMORIAL 5 MILER. 10 a.m. from Cape Elizabeth High School. John Keller - Director (Maine Track Club)
- 19 STARK TREK 6.2 and 1 MILE. 10:30 a.m. from Conway Village, N.H. Contact: David Sporcic, (603) 447-6600.
- 19 SPECIAL OLYMPICS BENEFIT RACE. 5 miles and 2. Maramont, Saco
- 19 HELEN P. KNIGHT 5K. 1 p.m. from Downtown Mall in Caribou. Conrad Walton - Director (Aroostook Musterds)
- 27 THE INN RACE. 11 a.m. from the Sports Inn in Caribou. Nancy Jackson - Director (Aroostook Musterds)
- 30 VINNIE WELCH CANCER MEMORIAL RUN. (Replaces Terry Fox Cancer Run) U.S.M. Bob Coughlin - Race Director (MTC)

# June

- 1 BRADLEY 5K. 9 a.m. from the "Government Road" in Bradley. \$3 adult/\$1 12 and under Contact: Ed Delaware, 69 Cram St., Bradley, ME 04411 827-2733
- 1 SUBLUXATION SHUFFLE 5K & 10K. Caribou Country Club at 9 a.m. Director: Mike Mendonca 764-3842 (Moose Chasers)
- 1 OFFICER FRIENDLY CHILDREN'S RUN From So. Portland Elem. School Contact: Bob Coughlin (Maine Track Club)
- 5 CAMP KETCHA 5 MILES. Scarboro Contact: Bob Hodgdon (Maine Track Club)
- 8 TRIATHLON. 10 a.m. from the Caribou Rec Dept Kathy Mazuchelli - Race Director (Aroostook Musterds)
- 9 2ND ANNUAL APPLETON BIATHLON (Bike,Run) Contact: Rich Higgins 785-4753
- 15 LIONS HALF MARATHON 9 a.m. from Bicentennial Park, Presque Isle. Eddie St. John - Race Director (Aroostook Musterds)



- 21 DOC'S TAVERN. Early evening (Tentative)
- 22 COOKIE RUN. 9 a.m. 10K, ½ mile & ¼ mile at East Loring AFB. Mike Mendonca, Race Director (Moose Chasers)
- 23 MAINE NATIONAL BANK 5 MILER. (Tentative)
- 29 MOUNTAIN VIEW FUN RUN 5K. Also ½ mile and ¼ mile pee wee race. Director: Peter Cuff 325-4541 (Moose Chasers)
- 29 DELTA RUN. 4 miles at S.M.V.T.I. (Tentative)

## July

- 4 L.L. BEAN'S 10K & 2 MILER. 7:30 at the store in Freeport. \$3 T-shirts and refreshments for all. Contact Brian Brewer, Sr. L.L. Bean, Freeport, ME 865-4761 ext 2095 (Maine Coasters)
- 4 5 on the 4th. 9 a.m. at Bill's Mini Mart in Houlton 5 miler directed by Fred Putnam (Aroostook Musterds)
- 4 GREATER BANGOR FOURTH OF JULY 3K. "Maine's Fastest Road Race" 1 p.m. from the Brewer Auditorium. Run in front of the largest crowd of spectators in the state. Contact: Maine Running and Outing Magazine, PO Box 259 E. Holden, ME 04429 843-6262
- 4 FOUR ON THE FOURTH. From Bridgton Jr. High Contact: Charlie Scribner (Maine Track Club)
- 6 FUNLAND 5K. 10 a.m. from Funland Park in Caribou. Mike Bosse - Race Director (Aroostook Musterds)
- 6 JAMES BAILEY GARDINER COMMON ROAD RACE. Certified 5 miles 8 a.m. Gardiner Common. Contact: Russ Martin, 31 Cedar St., Augusta, ME 04330 622-1258. (Maine Road Ramblers)
- 7 PORTLAND ROTARY TRIATHLON (BIKE, RUN, CANOE) Back Bay, Portland. Contact: Charlie Scribner (Maine Track Club)
- 14 ATHLETIC ATTIC 10K. Back Cove, Portland. Charlie Scribner and Doug Ingersoll, Race Directors (Maine Track Club)
- 20 Paul Bunyan Marathon. Tentative
- 20 POTATO BLOSSOM. 9 A.M. 5 miler from Jenkins School in Fort Fairfield. Carol & John McElwee - Directors (Aroostook Musterds)
- 20 PAT'S PIZZA. Main St., Yarmouth Charlie Scribner, Director (Maine Track Club)
- 27 HANCOCK LOBSTER CLASSIC. 10.2 miler Preceded by a 2.5K Kid's Race at 8:30. Steve Coffin, Hancock, ME 04640
- 27 KNIGHTS OF COLUMBUS. 10K at 10 a.m. from the Town Hall in Woodstock, N.B. Joe McGuire - Director (Aroostook Musterds)
- 27 MUSTERD MILE. 5 p.m. from Caribou, H.S. Contact: Conrad Walton (Aroostook Musterds)
- 27 OPERA HOUSE RENOVATION. 10K at 9 a.m. from Waterville Opera House, Main St., Waterville. \$3 entry Contact: Ken Vlodek (872-2118) or Jerry Saint Amand (873-6753) (Central Maine Striders)
- 28 MAINE EVENT TRIATHLON. Gardiner Jr. High School, Gardiner. 10K run, 6 Mile Canoe, and 28 Mile Bicycle for 3-4 person teams, 2 person teams, and individuals. Contact: Maine Event Triathlon, c/o Maine Road Ramblers, PO Box 264, Augusta, ME 04330. Phone 623-1166 days/582-5607 nites.



## August

- 3 AROUND THE WORLD 10K. 10 a.m. from Van Buren H.S. Contact: John Pluto (Aroostook Musterds)
- 4 SEAFOOD FESTIVAL 10K. Certified 10K Contact: Ken Sylvester 594-7035 (Pen Bay Pacers)
- 11 P.I. 5 MILER. 4 p.m. from UMPI in Presque Isle. Contact: Dave Maxcy (Aroostook Musterds)
- 17 WASHBURN FUN RUN. 9 a.m. 2.9 miler from Washburn H.S. Larry Whipkey, Director (Aroostook Musterds)
- 18 THE GOOD SPORTS RUN TO THE COAST. 10 miler from the Bowdoin track. Charlie Scribner (Maine Track Club)
- 18-24 THE SECOND ANNUAL MAINE RUNNING CAMP FOR ADULTS. College of the Atlantic in Bar Harbor. Come run the carriage trails with Andy Palmer, Tom Mulvey, Bob Booker and others. Contact: Maine Running & Outing, PO Box 259, E. Holden, ME 04429 843-6262
- 24 P.I. TRIATHLON. Hanson Lake in Presque Isle. Director - Jim Nesbitt (Aroostook Musterd)
- 24 HOULTON REGIONAL FUN RUN. 9 a.m. from the Cary Library in Houlton Brian McKay, Director (Aroostook Musterds)
- 25 MAINE WOMEN'S DISTANCE CLASSIC. 10K for women only. 10 a.m. at Augusta Civic Center Tentative (MRR)

## September

- 2 CARIBOU LABOR DAY RACE. 11 a.m. for this 4.4 miler from Caribou High. Conrad Walton, Director (Aroostook Musterds)
- 2 BANGOR LABOR DAY ROAD RACE. 5.01 miler. Contact: Bangor Parks and Rec.
- 7 JONESPORT 5 MILER & 1 MILE FUN RUN. Benefits the Jonesport Volunteer Ambulance. 11 a.m. Contact: Dave Alley, 497-2843
- 8 CAPE CHALLENGE HALF MARATHON. SMVTI. Directors: Jane Dolley & Barbara Coughlin (Maine Track Club)
- 15 DYER-SENTINEL 10K & 2 MILE. 10 a.m. from Winslow High School. \$4 pre/\$5 post/\$2 Fun Run Contact: Gene Roy 465-7296 Flat, fast course in memory of Winslow's Roland Dyer. (Central Maine Striders)
- 28 HOMECOMING 5K. 10 a.m. from U.M.P.I. in Presque Isle. Dave Maxcy, director (Aroostook Musterds)
- 29 JAMES BAILEY X-COUNTRY 5 MILER & CHILDREN'S RUN. USM, Gorham Dave Paul, director (Maine Track Club)

## October

- 12 STROH'S RUN FOR LIBERTY 8K. Certified S.M.V.T.I. Rick Strout, director (Maine Track Club)
- 13 CASCO BAY MARATHON. Expo building. Charlie Scribner, director (Maine Track Club)
- 13 ELKS RUN 10K FOR DIABETES & 1 MILE FUN RUN. 11 a.m. from Waterville Elks Club, Appleton St., Waterville, ME. \$5 donation for 10K/\$2 Fun Run Contact: Bill Johnson 873-1515 or Jerry Saint Amand 873-6753



## November

- 3 FALMOUTH LIONS 5.3 MILER. Falmouth High. Contact: Sandy & Al Utterstrom (Maine Track Club)



- 10 ASCONIO CLASSIC. 5.5 Mile road race from the corner of Portland St/Park Ave. Charlie Scribner (Maine Track Club)
- 11 VETERAN'S DAY 5K. CERTIFIED HALF MARATHON and 5K. 10 a.m. at Hodgkins School, Augusta. Free luncheon at Augusta Elks afterwards. Races benefit the American Heart Assoc. Contact: Greg Nelson, 138 Maine Ave., Gardiner, ME 04345 582-5607. (Maine Road Ramblers)
- 22 GASPING GOBBLER ROAD RACES. CERTIFIED 10K and 2 Mile. 10 a.m. at Augusta Civic Center. Sponsored by Maine Savings Bank. Contact: Dave Guban, Pond Road, Manchester, ME 04351 622-0289 (Maine Road Ramblers)
- 24 TURKEY TROT 5.8 MILER. Cape Elizabeth High. Joan Lavin, Race Director. (Maine Track Club)
- 30 MTC HANDICAP RUN. Cape Elizabeth Middle School. Bob Jolicoeur (Members only) (Maine Track Club)

Well, that's it, the most complete calendar available as of January 14th. Now it's up to race directors to fill in the holes and shift around to maximize their fields. We never try to make this early calendar a final product. We hope that all the race directors who didn't respond will check out this listing and try to fit in without causing too many problems. I'm sure I'll be hearing from many of them soon now. Pick your races, and start training!

## What, Me Run?

My friend Rex Tetevide is a runner too, but he's also an A-1 personality who's always trying to get ahead. He reads every success book there is. In fact, I think that he runs to impress the big boss. Frankly, the big boss weighs 240 pounds, smokes like a chimney, eats like a pig and drinks like a fish and thinks that Rex is a halfwit, but Rex spreads management studies around the place showing the link between exercise and work efficiency. The effective manager takes cognizance of the latest in management research, and Rex believes that the message will eventually get through. Like I say, the big boss thinks that Rex is a halfwit.

On the running field, Rex dresses in the latest fashions from RUNNERS WORLD, and carries a couple of dumbbell weights (that have HANDLES, for heaven's sake!). He straps five pounds around each ankle, and the weights are color coded to match the dumbbells. In fact, Rex is a model of coordinated running attire while on the road. That's probably why cars tend to spin their wheels in mud puddles when they see him.

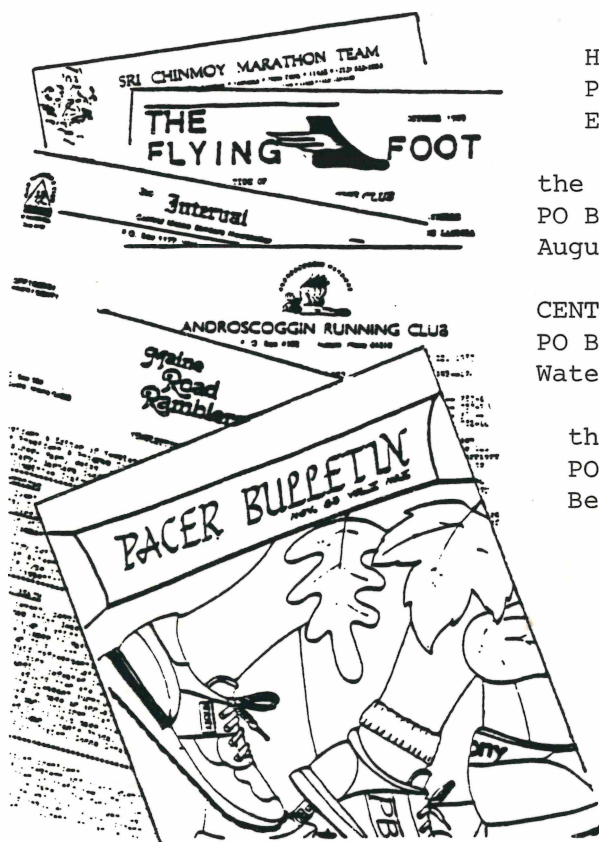
"I aim to be noticed," he told me once. "The squeaky wheel gets the grease." He showed me an interview with himself that he wrote under a pseudonym, called "The Rising Star of Maine Running: 48th at Casco Bay, Nothing but More Ahead." I advised him to submit it.

Rex follows trends. That has proven a problem in his training, because every month a new trend is spotted in RUNNERS WORLD or THE RUNNER, and he moves from fartlek to intervals to Long Slow Distance (LSD) to the triathlon technique of Canoeing, Running, Aerobics, and Push-ups (CRAP). His diet is erratic too. He read some back issues of MAINE RUNNING recently and went from carbohydrate loading to starvation to the beer runner's diet, all in one day.

Rex dresses for success. He also hero-worships, to the extent that he shamelessly copies his running heroes in everything from shoes to the kind of car he drives. For a long time he wore nothing but Bill Rodgers sportswear, which caused him some trouble on the job (he works at a fancy restaurant as a waiter). His boss ordered him to dress formally, no matter who his current heroes are. When Joan Benoit won the Olympic Marathon, every runner in Maine took her for his or her own, and Rex was no exception. He identified with Joan Benoit and immediately found that his PRs improved. She inspired him in every way. He had trouble finding a pair of women's running shoes that fit him. Luckily Joan's overall track outfit was not so bizarre that people took notice when Rex wore exactly the same thing. However, her civilian clothes, the ones she wears at speeches and awards events, got him into real trouble at the restaurant. His case is now before the Maine Labor Relations Board. Things being the way they are these days, I think he's going to win.



# CLUB NEWS



HOG BAY TROTTERS  
PO Box 512  
Ellsworth, ME 04605

NORTHERN BAY ATHLETIC CLUB  
PO Box 344  
Blue Hill, ME 04614

the MAINE RAMBLERS  
PO Box 264  
Augusta, ME 04330

ANDROSCOGGIN RUNNING CLUB  
PO Box 382  
Auburn, ME 04210

CENTRAL MAINE STRIDERS  
PO Box 1177  
Waterville, ME 04901

the DOWNEAST STRIDERS  
26A Boynton St.  
Bangor, ME 04401

the BETHEL OUTING CLUB  
PO Box 157  
Bethel, ME 04217

the MAINE ROWDIES  
c/o Charlie Gordon U.R.  
309 Maine St.  
Brunswick, ME 04011

MARATHON SPORTS RUNNING CLUB  
R.D. 2, Box 234H  
Alfred, ME 04004

the PEN BAY PACERS  
PO Box 302  
Rockland, ME 04841

the Woods Runners  
Box 201  
Patten, ME 04765

the MAINE TRACK CLUB  
PO Box 8008  
Portland, ME 04104

the AROOSTOOK JOGGERNAUTS  
93 Barton St.  
Presque Isle, ME 04769

the MAINE ASSOCIATION OF THE T.A.C.  
J. Frank Glynn  
14 Gray Birch Dr.  
Augusta, ME 04330

DOWNEAST ROAD RUNNERS  
Sanford YMCA  
Springvale, ME 04083

Here is the most current listing of Maine's running clubs we have available at this time. If there are any errors or omissions please contact us immediately and we will right the wrong.

## SKI NORDIC TOURING CENTER AT SADDLEBACK



P. O. BOX 671  
RANGELEY, MAINE 04970  
(207) 864-3380

- Wilderness trekking
- Telemarking
- Guided tours

- 45 km. Trail system in Saddleback's 12,000 Acre preserve.
- Lakeside skiing (el. 1750') to mountainside challenges (over 3000')

- Rentals, Sales
- PSIA Instruction

### Races

- |         |                   |
|---------|-------------------|
| Jan. 12 | Lake Loop Run     |
| Feb. 10 | Rangeley Ramble   |
| Mar. 2  | The Tortoise      |
| Mar 3   | The Wild Mt. Hare |





# Maine Track Club

P.O. Box 8008, Portland, Maine 04104

## TAMPA BAY BRITISH AMERICAN MARATHON

Sunday, December 16, 1984 - It was cold and dark at 5:30 a.m. when Jane Dolley, Barbara Coughlin, and Rosalyn Randall found themselves wedged into the back of a bus with 100+ other nervous runners, for the long ride from St. Pete to the start line in Tampa, Florida.

The sun finally came up at 7:00 a.m., as 700 runners started the trek back to St. Pete. The chill left the air, but the skies remained overcast and the 75 degree weather never became a problem.

The race course is known for being extremely flat - and it was. No Turkey Trot hills to be found anywhere in the state! Rosalyn and Barbara had a super race, finishing in 3:24:23 and 3:24:39, respectively, and Jane...well, she did finish, in 3:53:56. All three Maine ladies placed in their respective age categories and limped away with handsome trophies. Approximately 530 runners completed the marathon. It was estimated that 75% of the field were first-time marathoners.

The Tampa Bay race directors did a magnificent job in organizing the race, and especially in controlling traffic. It was a point-to-point race over major roads and bridges, and not one car was allowed on the entire course! Even half of the Gandy Bridge, connecting Tampa and St. Pete, was closed to traffic. There were water stations (not as good as our Sebago Lake water, that's for sure), and portable showers every mile after 15 miles. They were like oases to those who found the going tough. Also, in order to raise money, the directors "sold" rights to the water stations and most of the stations had a theme. At mile 20, the runners were treated to belly dancers, and a 5-piece band lifted their spirits (if not their feet) at mile 25.

Jane Dolley is from Yarmouth, Barbara Coughlin from Scarborough, and Rosalyn Randall is from South Portland.

# #

## COURSE CERTIFIED

The Stroh's Run for Liberty course at SMVTI, South Portland, has been declared to be a certified 5-mile course by John McGrath, New England Certification Chairman for the New England Athletics Congress.

The news was received by the Maine Track Club (the Applicant) on December 31, 1984, and was based on course measurements made in September and submitted to the TAC on October 2, 1984.

Bob Jolicoeur, club president, said he was pleased at the news because Maine doesn't have very many TAC certified courses. "Certified courses tend to attract the better runners and greater participation because of the accuracy of the distance," he said.

Ed's Note: MR&O is not the only outfit with a new logo. The original MTC logo is back. I like it! Glad to hear about the certification too!



# SKI TOURING CENTERS

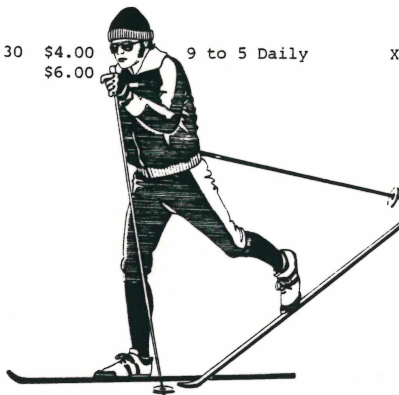
Name of Facility Address	Season	Terrain	% Wooded	Kilos A B C D E	Trail Fee Group Lesson	Operating Schedule	T L C W S LU CO B
BEN-LOCH FARM RFD #1, Box 1020 Dixmont, ME 04932 (207) 257-4768	Dec 10 to Mar 15	Rolling	85	30 - 12 70 18	\$3.50 \$5.00	Fridays thru Sunday & Holidays	X X X X X X X
THE BIRCHES STC PO Box 81 Rockwood, ME 04478 (207) 534-7305	Dec to April	Flat to Mounts	95	35 UL 50 25 25	\$3.00 \$7.00	Daylight/Daily	X X X X X X X
CARRABASSETT VALLEY CV, ME 04947 (207) 237-2205	Dec to April	Variable	85	90 15 30 55 15	\$4.50 \$7.00	9 to 5 Daily	X X X X X X X
CARTER'S FARM MKT TC Route 26 Oxford, ME 04270 (207) 539-4848	Dec to March	Rolling	80	10 UL 80 20 -	Donations Negotiable	9 to 5 Daily/Nites	X X X X X X X
CHESUNCOOK LAKE WILDERNESS TOURING Rt 76, Box 655 Greenville, ME 04441 (Radiophone) (207) 695-2821	Jan to March	Rolling & Lakes	50	- 40 - - 100	Group Package	Group Package	X X X X X
SUNDAY RIVER INN RFD 2, Box 1688 Bethel, ME 04217 (207) 824-2410	Nov 30 to Apr 15	Rolling	99	25 UL 30 40 30	\$4.00 \$6.00	9 to 5 Daily	X X X X X X X

**LEGEND** A = Kilos Maintained and Tracked  
B = Kilos Wilderness  
C = Kilos Entry Level %  
D = Kilos More Difficult %  
E = Kilos Most Difficult %  
UL = Unlimited

T = Toilets  
L = Lodge  
C = Change Rooms  
W = Wax Room  
S = Sales & Rentals  
LU = Lunch Counter  
CO = MNC Competition  
B = BKL Competition



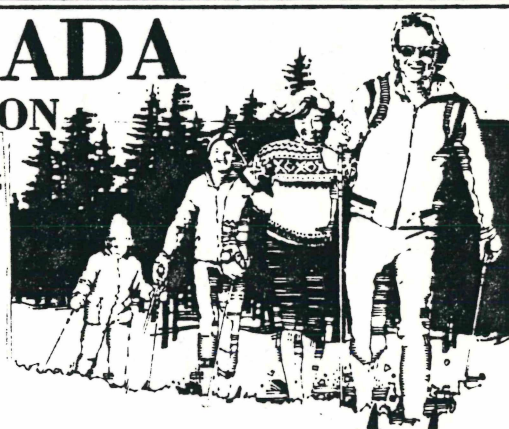
**MAINE NORDIC COUNCIL**  
16 Stewart Avenue  
Farmington, Me. 04938



AKERS SKI, INC., Nordic Acres Way, Andover, ME 04216  
(207) 392-3123 99% wooded 5K maintained and tracked  
AROOSTOOK STC, Wrightville Rd., Box 291, Ashland, ME  
04732 (207) 435-6076 90% wooded 10K maintained  
BLACK MTN OF MAINE, 50 Congress St., Rumford, ME 04276  
(207) 364-8977 90% wooded 15K maintained & tracked  
CAMDEN HILLS STATE PARK/TANGLEWOOD CAMP, 375 Main St.,  
Rockland, ME 04841 (207) 594-2104 100% wooded  
COUGAR COUNTRY TC, Mt. Blue High School, Seamon Rd,  
Farmington, ME 04938 (207) 778-3561 30% wooded  
5K maintained and tracked  
COUNTRY CLUB INN TC, Mingo Loop, Rangeley, ME 04970  
(207) 864-3831 40% wooded 5K maintained & tracked  
GOULD ACADEMY XC CTR, Gould Academy, Bethel, ME 04217  
(207) 824-2161 75% wooded 7.5K maintained  
HEBRON SKIWAY XC CENTER, Hebron Academy, Hebron, ME  
04238 (207) 966-2100 95% wooded 10K maintained  
HOLLEY FARM RESORT, Holley Rd., Farmington, ME 04938  
(207) 778-4869 75% wooded 11K maintained  
KATAHDIN LAKE WILDERNESS CAMPS, PO Box 398, Millinoc-  
ket, ME 04462 All wooded except lakes 10K tracked  
NATANIS CROSS COUNTRY TOURING CENTER, RFD #1, Box 554,  
Augusta, ME 04330 (207) 622-6533 75% wooded 10K  
maintained and tracked  
OAK RIDGE CROSS COUNTRY TOURING CENTER, Route 7,  
Brooks, ME 04921 (207) 722-3517 75% wooded  
25K maintained and tracked  
SKI NORDIC at SADDLEBACK, Saddleback Ski Area,  
Rangeley, ME 04970 (207) 864-3380 99% wooded  
25K maintained and tracked  
SNORADA RECREATION CENTER, 525 Lake Street, Auburn,  
ME 04210 (207) 782-6602 90% wooded 15K maintained  
SPRUCE MTN XC CENTER, RFD 2, Box 8425, Jay, ME 04239  
(207) 645-4630 95% wooded 15K maintained and tracked  
SQUAW MT SKI TOURING CENTER, Greenville, ME 04441 (207)  
695-2272 75% wooded 15K maintained and tracked  
SUMMITT SPRINGS SKI TOURING CENTER, Box 455, Poland  
Springs, ME 04274 (207) 647-3603 85% wooded 12K  
maintained and tracked  
TITCOMB MT SKI TOURING CENTER, Morrison Hill Road,  
Farmington, ME 04938 (207) 778-9031 90% wooded  
25K maintained and tracked

## SNORADA RECREATION CENTER

Cross  
Country  
Ski  
Touring



### RATES

**\*4.00 Adults - All Day \*3.00 After 5:00 P.M.**  
**\*3.00 Children (under 14) \*3.00 Senior Citizens**

TOP  
NAME  
EQUIPMENT

**RENTALS AVAILABLE**  
**Adults \$9.00 — Children (Under 14) \$7.00**

ALL  
SIZES  
AVAILABLE

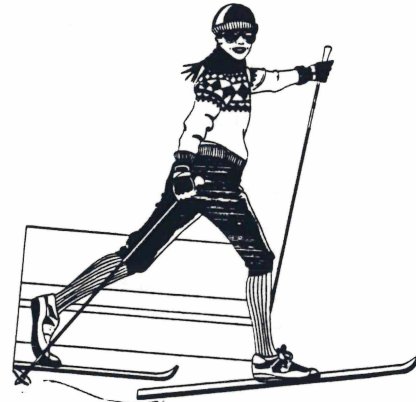
**Enjoy our Tuesday Night Citizen Races**  
**Open Daily 9 AM-9 PM** | **We're Located On Outer**  
**Night Skiing - 2 1/2** | **Lake St., Auburn, Me.**  
**Kilometer Under Lights** | **(Look For Signs)**  
**TELEPHONE 782-6602 FOR MORE DETAILS**  
**AND SKI CONDITIONS**



# MAINE NORDIC COUNCIL

A skier attempting to win the MNC Race Series Championship in his or her age group, must compete in at least two races of more than 10 kilometers, at least three races of 10 or less kilometers, and the MNC Championships at Carrabassett Valley on the 17th of March. Awards will be given out at that competition.

- Feb 2 GREAT CARIBOU BOG RACE & XC SKI TOUR. Sponsored by the Penobscot Paddle & Chowder Society. Bangor Mall, Bangor. 18K Contact: Adrian Humphreys, Box 202, Orono, ME 04473 866-5652
- Feb 3 SUMMIT SPRINGS SIZZLER. Summit Springs STC, Poland Springs. 10K at 1 p.m. for \$5. Contact: Summit Springs STC, Box 455 Poland Springs, ME 04274 647-3603
- Feb 10 RANGELEY RAMBLE. Ski Nordic at Saddleback, Rangeley. 10K at 1 p.m. for \$6. Contact: Ski Nordic TC Director, Ski Nordic, Saddleback, Rangeley, ME 04970. 864-5366
- Feb 17 NORTHERN LIGHTS CLASSIC. Sponsored by the Farmington Ski Club. Titcomb Mt. STC, Farmington. 10K at 12:30 p.m. for \$6.00 Contact: Northern Lights, PO Box 108, Farmington, ME 04938 778-6566
- Feb 24 BLACK MT NORDICS. Black Mt of Maine, Rumford. 5,10, & 15K at 10 a.m. for \$6 Contact: Eric Roderick, Strafford Ave., Rumford, ME 04276 364-8977 or Jeff Knight, 50 Congress St., Rumford, ME 04276
- Mar 2 MT. KINEO NORDIC SKI CHALLENGE. The Birches STC, Rockwood. 10K at 10 a.m. for only \$4 Contact: the Birches Ski Touring Center, Box 81, Rockwood, ME 04478.
- Mar 3 WILD MT HARE RACE. Ski Nordic at Saddleback, Rangeley. 10K at 1 p.m. for \$7 Nordic Combined Championship. Contact: Ski Nordic TC Director, Ski Nordic, Saddleback, Rangeley, ME 04970
- Mar 9 SUNDAY RIVER LANGLAUF. Sunday River STC, Bethel. 13K at 1:30 p.m. for \$5. Contact: Sunday River STC, RFD 2, Box 1688, Bethel, ME 04217 824-2410
- Mar 10 TITCOMB MT SKI FEST. Sponsored by the Farmington Ski Club. 5K and 10K at 1 p.m. for \$6. Heart Fund Benefit. Contact: Sandy Record, Box 2140, RFD 1, Wilton, ME 04254 645-4531



- Mar 17 LEPRECHAUM LOPPET. CVTC, Carrabassett Valley. 15K at 1 p.m. for \$6. MAINE NORDIC COUNCIL SERIES CHAMPIONSHIPS. Contact: Bill Chenard, CVTC, Carrabassett Valley, Kingfield, ME 04947 237-2205.

## JUMPING

- Feb 2 SUMMIT SPRINGS SPRINGER TOURNEY. Swan's Corner Jumps, Bethel. With Summit Springs Sizzler for Nordic Combined. 2 p.m. for \$4. Contact: Summit Springs STC (address above)
- Feb 9 RUMFORD WINTER CARNIVAL. Black Mt of Maine, Rumford 5,10,20, & 30 Meter. With Rangeley Ramble for NC. 2 p.m. for \$4 Contact: Eric Roderick (address above)
- Feb 16 NORTHERN LIGHTS CLASSIC. Titcomb Mt. Stearns Jumps, Farmington. 10, 20, & 30 Meter with Northern Lights Classic for NC. 2 p.m. for \$4 NL above.
- Feb 23 BLACK MT NORDICS. Black Mt of Maine, Rumford 5,10,20 & 30 Meter with Black Mt Nordics for NC 2 p.m. for \$4 Contact: Eric Roderick (address above)

## BILL KOCH SKI LEAGUE

- Feb 3 Qualifier in Andover 11 a.m.
- Feb 9 Qualifier in Rumford in Jumping 10 a.m.
- Feb 10 Qualifier in Bethel in XC 9 a.m.
- Feb 16 Qualifier in Farmington in Jumping 2 p.m.
- Feb 17 Qualifier in Farmington in XC 10:30 a.m.
- Feb 24 Open
- Mar 3 CHAMPIONSHIPS OF EASTERN DIVISION OF USSA
- Mar 10 Race in Carrabassett Valley 1 p.m.

## CHESUNCOOK LAKE WILDERNESS TOURING

For serious advanced cross country skiers who wish to enjoy the challenge of the wilderness of northern Maine. Groups of 8 to 12 our specialty fly-in or ski-in only. Dining on premises.



Write for free brochure:  
BERT & MAGGIE McBURNIE  
Rt. 76 BOX 655  
CHESUNCOOK VILLAGE  
GREENVILLE, ME. 04441  
Tel. c/o Folsom's Air Service  
(207) 695-2821

## MAINE ALPINE RACING ASSOCIATION

Contact Kathy Allen, Box 242, Stratton, ME 04982 about the Maine Alpine Racing Association if you plan to compete in downhill events.



## **Benloch Farm Ski Touring Center**

R.F.D. #1, Box 1020  
North Road  
Dixmont, Maine 04932  
257-4768



YOU'RE SURROUNDED BY MILES OF WOODLAND AND MEADOWS - IT'S PEACEFUL, AND THE FOREST IS LIKE A QUIET ROOM WITH A SNOW-WHITE CARPETING THAT LETS YOU MOVE SILENTLY AND SWIFTLY. YOU'RE NORDIC SKIING. YOU EXPERIENCE A GREATER AWARENESS OF YOUR ENVIRONMENT AND AN APPRECIATION OF NATURE. YOU NOTICE HOW TRANQUIL IT IS AND HOW WARM YOU ARE, AND HOW EVERY PART OF YOUR BODY FEELS ALIVE. IT'S A SENSE OF FREEDOM, ALIVENESS, ELATION, AND YOU FEEL ALERT AND HEALTHY BECAUSE YOU'RE EXERCISING IN THE GREAT OUTDOORS. BEN-LOCH FARM HAS 34 KILOMETERS OF TRAILS THAT ARE ALL ONE-WAY, DOUBLE-TRACKED AND GROOMED WITH THE BACHLER SYSTEM, AND WE BELIEVE SECOND TO NONE IN THE STATE OF MAINE.

DIRECTIONS FROM BANGOR: TAKE I-95 SOUTH FROM BANGOR TO EXIT 42 (ROUTE 143 ETNA-DIXMONT); LEAVE INTERSTATE AND GO LEFT ON ROUTE 143, A DISTANCE OF 3.6 MILES; TURN RIGHT AT BEN-LOCH FARM SIGN - 1½ MILES AND YOU ARE THERE.



## **SKI WAXING - PHASE II** by Dr. John Frachella

After I wrote that article for the December issue on ski waxing, a close friend asked me if I always waxed my entire ski base with Red Glider. Yup, that's what I do, but you don't have to. If you know of something that's faster, use it. Red Glider works best for me. Marty Hall in his classic book One Stride Ahead advises using a melted mixture of alpine waxes instead of the typical CC glider-type of waxes. I've tried this but I still like Red Glider best.

In case you missed the first article in this series, let me reiterate:

Waxing skis is hard work. I've been waxing for almost 15 years now and it's never been easy. Nonetheless, it's always a challenge well worth accepting.

Many people fail to wax correctly because they don't understand their skis. There are several types of skis each designed for specific snow conditions. Many ski racers blame their poor performance on a bad wax job when they've actually selected the wrong pair of skis.

I hate to have to make this next comment because so few of us can afford to accept it. But, I cannot tell a lie. The serious racer needs a choice of three types of skis: a soft, powder ski, a hard powder ski and a klister ski. Again, I'm sorry about that.

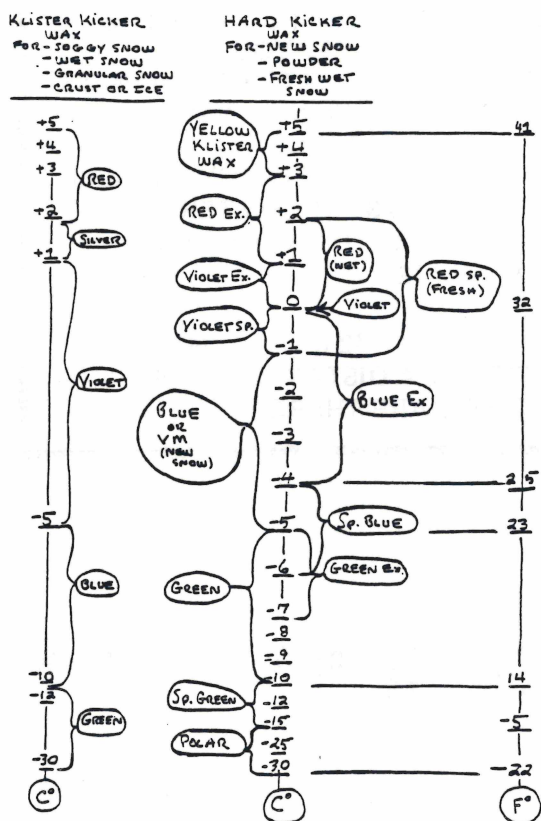
Soft powder skis are designed for snow temperatures between 15° and 30°F (-9° and -1°C). They are soft, flexible and have a single camber construction to maximize the

contact between the kicker wax and the soft snow.

Hard powder skis are used in snow temperatures between 0° and 15°F (-18° and -9°C). They are stiffer, less flexible and slightly double cambered to minimize contact between the kicker wax and the snow. This stiffer ski is faster in cold conditions because the kicker wax is off the snow during the glide phase. If you can only buy one racing ski, this is probably the type you want.

Klister skis are designed for icy snow above 0°F (-18°C). They are very stiff, and definately double cambered to assure that the kicker wax contacts the snow/ice only during the kick phase.

OK, in the last article, I told you how to base-prepare your skis and how to apply the kicker wax. Now we'll investigate what kicker wax to use when. I use Swix waxes almost exclusively. Here are the systems for the Swix brand of waxes:



The simple two-wax (gold and silver) system works about as well as waxless skis. I'm afraid I'm not an advocate of either, except for those folks who are committed to no more than recreational skiing now and again in the course of each winter.

After you've prepared your bases with glide wax and melted on your kicker wax for the day, allow your skis to cool outside, off the snow. Then ski on them for about a mile before making any adjustments to the kicker. If your kicker is not working (skis are slipping in the kick phase) the first adjustment is to make it thicker. If it still doesn't work, make it longer. If it still doesn't work, add a softer wax.

The better the kicker you are, the less kicker wax you'll need. A good skier hardly ever waxes anymore than four inches in front of his toe and four inches behind it. No one should ever wax behind their heel.

Klister kicker waxes are used when the snow has melted and refrozen. They are dabbed onto the bases from the tube, heated with a torch and spread onto the kicker area with a plastic scraper. They should be smoothed well to prevent icing and the sidewalls should be cleaned off before putting the skis out to cool.

Here are some final tips on applying kicker waxes:

Dry cleaning fluid available at your local dry cleaners works well to dissolve wax and to clean skis and is much cheaper than commercial wax removers.

If you're losing a lot of wax while racing, switch skis. Wax wears on the inside edges first so switching your left and right skis midway in a race could keep you kicking longer.

When using klister, keep your skis moving. Standing still causes klister to ice up.

The only consistency in waxing is inconsistency. There are really no hard and fast rules, there are only theories, ambiguities and variables. Waxing is an hour to hour challenge. Try to be organized and as objective as possible. Hard work and careful evaluation are the only true secrets to successful waxing. Good luck and good skiing!





# APPALACHIAN MOUNTAIN CLUB

Jay Spenciner, RR 2, Box 2, Bridgton, Maine 04009 (647-3347) writes, "Bob - I know it's winter but some of us are already thinking of canoeing. Here's our 1985 schedule.



The number after the river is the difficulty rating; "L" is leader; Co-L is Co-leader; "R" is Registrar. Have a good Holiday."

Trip fee: \$1 per adult AMC member; \$2 per non-member.

Spring and Summer 1985 Whitewater Schedule.

## MARCH

- 9-10 Souhegan, 3 and Millers, 3 (Mass.). L Norm Reynolds (617-443-2459); R Morrill Nason (846-5167).
- 16 Leader's Choice, 2. L Don Skofield (773-3642)
- 17 Limington or Leader's Choice, 3. L Tim Sullivan (797-6874)
- 23 Leader's Choice, 3. Probably So. N.H. L Tim Ensworth (767-3679); Co-L Adair Heath (846-4811).
- 24 Little Ossipee or Leader's Choice, 2. Sue and Ken Gordon (784-2745)
- 30 Sheepscot, 2. L Priscilla and Jim Thorne (865-6663); Co-L Mark Hanson (487-5141, PM)
- 31 Leader's Choice, 3. L Jay Spenciner (647-3347)

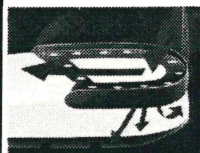
More in the March thru August issues of Maine Running & Outing.

## Yankee Sports and Running Center

34 MAIN ST. • FREEPORT

865-4003

MAINE'S QUALITY RUNNING SHOP FOR THE ECONOMY MINDED RUNNER.



*Sturdy graphite outside heel counter and compression molded EVA midsole help you run more naturally.*

### Graphite.

Few substances known to Science can match it for resiliency and strength. Graphite is used in today's high-tech tennis rackets. In high performance skis.

And now Brooks uses it in the unique outside heel counter of our new Graphlex training shoe.

The effect is indeed "revolutionary."

Never before has such a lightweight outside heel counter provided so much sturdy support. Such solid stability with so much true flexibility.

### MOLDING IS GOOD FOR THE SOLE

Another revolutionary feature of the new Graphlex is an EVA midsole that is compression molded.

Molded EVA is not only lighter than conventionally treated EVA, it's also noticeably denser. So it dampens and disperses shock more evenly. And stays resilient for many more miles.

### BOTTOM LINE

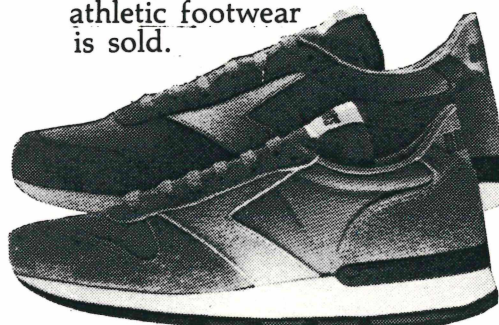
The new Graphlex's graphite outside heel counter and molded EVA midsole work in concert to control rear foot motion better and let you run more naturally.

Together they create a

stable platform so your feet can take off and land more comfortably. And safely.

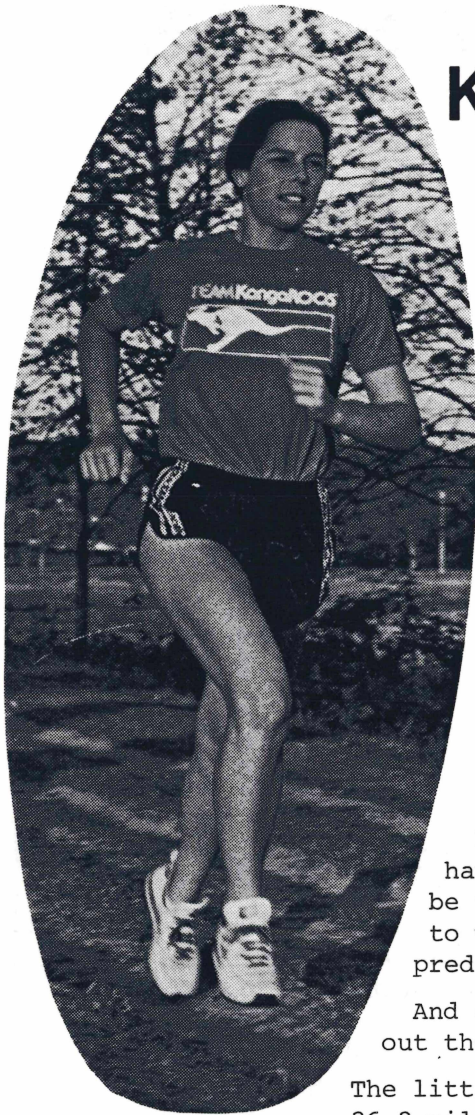
The graphite counter revolution from Brooks. Extra support and flexibility, without the extra weight.

Look for the new Brooks Graphlex wherever better athletic footwear is sold.



**BROOKS**  
High performance from the ground up.





# KIM BEAULIEU

by Ed Rice

Young woman, her passenger thought to himself, Houdini couldn't get out of this spot.

Kim Beaulieu's little foreign sedan was effectively sardined on three sides in a sea of vehicles at the University of Southern Maine, where she is a faculty member for the nursing program. Some rude, apparently frantic late-arrival had abandoned a car, lengthwise, a couple of feet behind Kim's auto on the only exit path.

Politely refusing the offer of using her companion's car for the ride to a nearby restaurant, Kim warmly joked about the worn condition of her car and its mission impossible task while she patiently maneuvered, inch by precious inch, into a position to back out. She never once complained about the thoughtlessness of the other driver. Her face never reflected any pressure or tension. She almost seemed to be happily relishing the opportunity of the challenge. The extrication successfully completed, Kim wheeled the car down the street while her companion shook his stunned head. She laughed and told him that she had decided against having him get out and try to direct her...concerned that he'd be too fearful of how close to the edge of accident she'd have to work and not wanting to put him into that kind of worrisome predicament.

And so thoughtful, personable Kim Beaulieu once again worked out the angles on the run and easily skipped past another barrier.

The little incident typifies Kim's running attitude -- be the barrier 26.2 miles, 50 miles, even 100 miles. A runner who rarely competes or trains with a watch, Kim is genuinely hard pressed to recall times or details from even the most stellar of her many winning performances. With apologies to Shakespeare, "the running's the thing," to her; the sheer joy of challenging herself and testing her limits is what inspires her to try and prove that, indeed, there ain't no mountain high enough or, perhaps more accurately, distance long enough.

In a state already blessed with a number of skilled women runners -- led, of course, by Joanie Benoit but including Diane Fournier, Robin Emery, Michele Hallett and Anne Marie Davee, just to name a few -- Kim has earned her own distinctive niche, nationally, for her abilities as an ultra marathoner.

Last year Kim posted the fastest 50-mile ultra marathon by a woman in the U.S., running the American Medical Joggers Association's national race in Chicago in 6 hours, 30 minutes. Running a very "evenly paced" race Kim led the women for most of the way on a very hot, humid day. What she remembered best, however, about the event was the whirlwind chain of events surrounding the run itself: flying into Chicago the day before, doing the 50 miles, walking back to the hotel, showering, taking a taxi back to the airport, and returning to Portland so she could go into work that very day. At the time Kim was working a night shift in intensive care in the Special Care Unit at Maine Medical Center.

This past spring, when she knocked off a 2 hour, 51 minute time in the Boston Marathon, she was startled by a lot of commotion and fuss made over her as she approached and finished the famous 26.2 mile course. She well remembered the confusion and



thinking, "What's going on? What's this mean?" It turned out that she'd crossed the finish line in just the right time to qualify for a pass into very exclusive, elite company -- the 240-member field which participated in the first-ever women's Olympic Marathon trials in Olympia.

Aaaah, the spring! Nothing like doing a few long runs...Say, the Boston Marathon, the women's Olympic Marathon trials and the Maine Coast Marathon, all in the space of just six weeks. However, as she explained to a newspaper reporter, "there's method to my madness." Kim was using all these marathons in purposeful training for what is possibly the most demanding test of running since that Ancient Greek captain decided that Pheidippides could use a little post-battle workout, and sent the little messenger running from the fields at Marathon back to Athens. Introducing: The Western States 100-Mile Endurance Run!

By virtue of her sterling performance at Chicago, Kim had earned a prized berth and entry waiver into America's most arduous "road race" --if you can call this little 24-hour jaunt through rugged, mountainous terrain, ascending to nearly 9,000 feet above sea level, and offering temperatures spanning a range of 30 to 100 degrees, a "road race."

It began at 5 a.m. in darkness, at Squaw Valley, California. The course immediately ascended some 3,000 feet in the first handful of miles. Kim remembered thinking, "It was like looking up from the bottom of an ice cream cone." While others started out running, Kim, with only a concern at the beginning for just finishing, walked the opening miles. As she made her way along the tight confines of the very narrow trail, marked occasionally by little yellow ribbons to assure the runner of the right direction, Kim found her odyssey every bit as eventful as Odysseus found his. She would go through periods of depression and near dehydration, from torrid temperatures and humidity at the lower elevations, to near exhaustion and "throbbing feet, stabbing quadriceps and a nosebleed" at the 9,000-foot elevation where the temperature was numbing 30 degrees...in the just short of 21 straight hours that would follow.

"There were stretches where I was discouraged, but I've learned to put things into perspective, to have a state of mind where I can say to myself, 'Yes, it's a blister..."



HIGH STREET, ELLSWORTH

## RUNNING

Saucony - Tiger - Etonic Shoes  
Bill Rodgers, Moving Comfort  
Woman on the Run  
Everything from Sorbethane to  
Pulseometers

## PADDLING

Large selection of canoes &  
kayaks Complete line of  
accessories.

## CAMPING EQUIPMENT

Northface - Kelty - Camptrails  
White Stag  
From stuff sacks to Fabiano  
ultra-lite hiking boots, we have  
the largest selection of camping  
goods in Eastern Maine.

## TENNIS & RACQUETBALL

Prince - Head - Rossignol -  
Ektelon & Donnay Racquets  
Diadora & Etonic Shoes  
Le Coq Sportif Apparel

# RUNAWAY BEST SELLER.



*Etonic Quasar*

Etonic running shoes are designed with innovative features for comfort, support, and durability. So whether you race seriously or run for fun, catch the new Etonic shoes. Before they run out.



43 Cottage St., Bar Harbor  
Tel. 288-4532

## The Starting Block

Exclusive Shop For Runners And The  
Recreationally Active

Running & Aerobic Wear

117 Water Street  
In Old Hallowell, Maine

Saucony — Asics Tiger — Brooks  
Bill Rogers — Moving Comfort — Dolfin  
Jogbra — Jogalite — Softouch



and it feels like glass cutting into my foot. But it's a small problem. There's no permanent injury' and set my focus on my goal," Kim explained, when asked how she handles "down" periods.

Emerging from one of the course's seemingly inexorable canyons, Kim found herself mesmerized and exhausted as she stumbled into one of seven check points on the course, established not only so competitors can get appropriate supplies (e.g. flashlights for night running, food and drink, changes of clothing) but to allow run officials to check the runner's vital signs and weight. Runners who have dropped more than 3 to 5 percent of their body weight must remain at the station until the weight is regained.

Kim vaguely remembered staggering towards her three friends, John and Bonnie Esposito and Tom Taylor, who voluntarily were helping to pace her on the course and serve as crew for her. "Tom was asking 'What do you need?' I said something like 'Just dig a hole and shove me in.' My gluteal muscles were all cramped up. I just wanted to lie down. But suddenly one of them was holding up a towel and Bonnie was changing me. Another one was giving me Coke and a banana. Then Bonnie was massaging the cramped muscles. Before I knew it I was stepping out again...after one of them gave me a pat on the rear end to help me get going."

Kim's endurance strength began to show. She passed five women, moving into seventh place in that competition. Overhead, the ominous whirling sounds of rescue helicopters, swooping in to fish out the defeated, provided eerie accompaniment. She pressed on, concentrating on shortening her stride, swinging her arms and just moving her legs. Even at the height of weariness she remembered being awe-struck by the beauty of the terrain. She began to feel psychologically refreshed, yet another time.

"At around 70 miles I felt like I was climbing out of a pit. I was telling myself to have faith; that I wasn't injured, only exhausted," she said.

In the first 20 to 30 miles of the event Kim met a runner who turned out to be Gordie Ainsleigh, the man who created the Western States run some 10 years earlier. Running along with Gordie during the heat of the day, she heard him say that he knew where some water was and that, for a particularly hot,



dry stretch coming up, it would be important to get some. But he said they would have to veer a short distance off the course. "My first reaction was 'Absolutely not. I'm not taking one step in come other direction' but I decided he must know what he's talking about," Kim remembered. It was a wise decision. For a little later "we began to pass people sitting down, totally burned out." Kim and Gordie were together for much of the remainder of the run.

The tough terrain never let up. "In some places," Kim said, "you could actually be crawling, down on all fours, grabbing for a stump to pull yourself up."

During the night she "made a bad strategical mistake." Runners are allowed pacers for portions of the run and, as Kim was bearing down on the fourth place woman, she and one of her handlers, John, came upon that woman, also being paced by a male. It was Kim who spoke the universal word to pass: "Track." The woman immediately sped up, trying to maintain her place. John quickly asked, "Why did you speak. Let me do it and they'll think I'm the runner and just let you go." Fortunately for Kim her run-away adversary couldn't hold the faster pace, and Kim moved into fourth place.

"When we came upon the next woman, it was John who called out 'Track.' No one even looked around and we went right by...a good lesson in strategy was learned," said Kim who then took over third place.

In the darkness, Kim fell, dropping and breaking her flashlight. It was Gordie to the rescue. Graciously he handed Kim his flashlight and took up Kim's which worked sporadically. Together, in the blackness, they forded a river, the waters rising above Kim's chest. Together, in the wee hours of the morning, Kim and Gordie crossed the finish line of the run.

Kim completed the Western States 100 in 20 hours and 55 minutes, taking third place in the women's competition. Kim's astute attention to taking care of herself, through proper eating and drinking, also paid off. It was later discovered that she was the only competitor to actually gain weight during the run. She gained two pounds... and also came away \$1,000 richer, the prize money for her excellent finish. For finishing the 100-mile run in under 24 hours she was also presented the valued Western States silver buckle. Characteristically, Kim tried to split her prize money with her three crew handlers, but all three returned her checks.

Her achievements are impressive, but perhaps not nearly so impressive as the vivacious athlete behind them. Don't even begin to imagine a weaned-from-childhood jock, with Amazon features, who now routinely reads "The Best of the Marquis de Sade."

The 29-year-old Gorham native, who has a passion for reading (she's in an Ayn Rand mood currently) and hot fudge sundaes, has the kind of zestful, ebullient personality that, if converted into pure energy, could fuel the space program for another decade. Hyperbole aside, Kim is as friendly, caring and outgoing as she is motivated to live life to its fullest measures.

These qualities were surely recognized and put to full advantage in her nursing career as she worked her way from floor nurse in Maine's largest hospital into a more intense, specialized nursing position --dealing with major trauma victims and the very sick in the Special Care Unit. Running became a very nice release from the daily pressure of seeing and working with the seriously ill and injured.

Yet, not content to stop her education, Kim returned to college, acquiring a Master's degree from Boston University, and joined the teaching staff at the University of Southern Maine this fall. She said she's enjoying teaching, although she's continually looking to better herself at it -- even, it seems, while she's in the middle of winning a marathon! After taking an early lead in Portland's Casco Bay Marathon in mid-October Kim began working out a strategy for teaching a particularly difficult area of nursing care to one of her group of seniors. By Mile 21 or 22, victory virtually assured, Kim was also exalting in the feeling that she'd arrived at the perfect approach. But, she jokingly mourned later, by the time that class period arrived her theory, unfortunately,

had evaporated!

From a male or female's perspective, the 5-foot-5, 124-pound runner is, indeed, a lovely person with a spirited soul...a soul, it should be added, that still occasionally wonders what happened to the dancer.

For when Kim was only 4 years old, her mother, a beautician who was finding the family's finances particularly tight, worked out a straight swap of services with a local dance instructor: dancing lessons for her daughter in exchange for doing the instructor's hair. The arrangement lasted for years. Dreaming of becoming a ballerina, Kim took classical ballet, jazz and tap dancing, reaching a point of skill and excellence where she even served the school as an instructor herself. While still a high school student she starred in a professional summer theater musical production of "Dames at Sea," drawing glowing critical review.

Though gymnastics and dancing, field hockey and even cheerleading were in the picture during her high school years, running wasn't. She went to Norway as an exchange student and found the experience of cross country skiing 10 miles to and from school "fantastic"; however, she discovered that she "went away with these very thin, long ballet muscles and came back the picture of health and a little on the plump side." Dancing faded out of her life, though she aspires to return to it one day.

It wasn't until she was looking for a way to keep fit, while doing undergraduate work in the nursing program at Westbrook College, that Kim and running became mutual friends. Kim joined Westbrook professor Ted Perry and a few others for a noontime fun run. The little group did a 1.5 mile loop and upon the return Kim exclaimed, "That was fun. Anyone want to go again?" Kim, Perry and one or two others began to meet regularly for these runs and soon Perry was telling her "'You've got something special.' I liked hearing it but I didn't believe him." When she began, in 1977, to win regularly on the Maine road racing circuit, it was clear Perry knew exactly what he was talking about. Though she is a frequent winner, Kim isn't motivated to run because of thoughts of victories. Don't look



# GO FOR IT!

## In Printed Sportswear from COMMERCIAL SCREENPRINT.

### RACE DIRECTORS & SPONSORS!

We can provide you with:

T-SHIRTS - RUNNING JERSEYS - SHORTS

CAPS - BUMPER STICKERS - SIGNS

All Custom Printed with your design, or you can work with our fully equipped art department to create a design that will help make your event a SUCCESS!!

\*QUALITY PRINTING \* QUANTITY PRICES

\* ART DESIGN AND LETTERING

\* EMBROIDERY AND MONOGRAMMING

### WE HAVE A GREAT TRACK RECORD!!

BENJAMIN'S ROAD RACE - 4 yrs.  
LITE BEER - PAUL BUNYAN ROAD RACE - 2 yrs.  
CRANBERRY ISLAND ROAD RACE - 2 yrs.  
MACHIAS BLUEBERRY RUN - 2 yrs.  
KENDUSKEAG CANOE RACE - 2 yrs.  
MEDUXNEKEAG CANOE RACE - 2 yrs.  
HAMPDEN 8½ MILER - 3yrs.  
HANCOCK LOBSTER CLASSIC - 3 yrs.  
BOB BOOKERS - MAINE RUNNING CAMP - 3 yrs.  
MARCH OF DIMES - WALK AMERICA!  
KATAHDIN TRUST SNOW RUN - 2 yrs.  
TERRY FOX MEMORIAL RUN - 2 yrs.  
ATHLETICS EAST TRACK CLUB  
PLUS MANY MORE!

**COMMERCIAL SCREENPRINT**

114 Main St., Bangor, Me.

942-2862





around her apartment for trophies; most of them have been donated to charitable runs, conducted by her running club, the Maine Track Club. Running is best for me when it seems like I'm flying along, effortlessly, not wearing a watch and not concerned about time. My work is my primary interest. Running is that special time...like taking a bubble bath," she said.

And what about her motivation for ultra long distance running? "I like those challenges, the pure play of it, the complete change from my every day experiences. These events excite me...trying to do 50 miles in the shortest amount of time but being careful to budget my energy. Doing the 100's I know I must be patient, that I'll go through the periods when I'll feel awful but then, just a half hour later, I'll be limber and loose again.

"To me it's important to be constantly in touch with my body, to attend to the rhythm of the run. I don't detach myself. The idea is to go slow...you don't get a second chance on your energy resources," she added. Kim particularly values the special comradeship that develops among competitors in the ultra distance runs. "It's like we're soul mates," she stated simply.

Kim snapped up the lure of a 24-hour competition first in 1981, when she logged 102 miles, running 21 hours on the Bowdoin College outdoor track in the "Last Rowdy Ultimate" 24-hour race. It was long-time friend Bill Gayton, a psychology professor at the University of Southern Maine, who put out the bait.

"I wanted to see how far I could go and I think I learned right there just how determined I can be," Kim remembered. It was a day of horrible weather, raining, often hard, throughout much of the night.

"It was incredible...just the slap, slap, slap of my running shoes for hour after hour. I was very interested in what I'd feel," noting that those feelings ranged from "euphoria to depression" but that once she "passed 50 miles, I set my goal for 100." She was fascinated by her ever-changing psychological and physical rhythms. "Blistering and chaffing became irritants, but little ones, I was calm about them, thinking how they were unrelated to any life crisis. All of it became so full of meaning for me as if, by running, I'd made time stand still."

Kim's experience at the Olympic trials is a much valued one, though for a time she was disappointed with her actual race. After qualifying at Boston there was even a period where she wasn't certain she could afford to go. She didn't make the select first 200 qualifiers (based on time, she was ranked 206th) who received expense money, but was subsequently picked to represent the Kangaroo shoe company, based on her ultra marathoning success.

## Save Your Numbers!



### Racing\* \*Footnotes

Introducing a unique gift for the runner — **Racing\* \*Footnotes**. This handsome addition to the runner's library becomes a visual diary of running achievements: A beautiful, Hi-Tech book, perfect for the coffee table or bookcase.

The pages of **Racing\* \*Footnotes** display runner's bib numbers, photos or medals and a **Racing\* \*Footnotes** data card (provided) to enter statistics for each race. Keep it handy for analysis of past races, winning strategy, or just to show! Order your first book now.

**Enclose your check for \$17<sup>88</sup> + \$2<sup>00</sup> shipping and handling for each Racing Footnotes Ordered.**

**Enclose your check for \$8<sup>38</sup> (shipping included) for additional sets of 13 pages and 14 runner's data cards.**

Name

Address

City

State  Zip

☐ Check here for information on Racing\* \*Footnotes complete Runner's System — (Book-Calendar & Log)

**Make Checks Payable to:  
Po-Wer Feat, P.O. Box 83429, Los Angeles, CA 90083**

**SAY YOU SAW IT IN "MAINE RUNNING"**

Racing\* \*Footnotes Copyright Mar. 1, 1984 Posadas/Werman®™





**DON'T KID AROUND.** Making sport shoes for kids isn't child's play. They have to be designed and built for growing feet. That's why NIKE takes kids' shoes so seriously. They're modeled after NIKE shoes worn by the pros. So you can depend on quality, durability and support. NIKE doesn't kid around. Should you?



**JAMES BAILEY CO. INC.**  
The Maine Tradition in Sports  
264 Middle St., Monument Square  
Intown Portland 774-6635



"Sporting Goods for All Seasons"  
**the Good Sports**  
3 Pleasant St, Brunswick

729-9949



Out in Olympia, "it was just incredible. They treated us like queens," Kim said, citing food, training attention and even daily body massages. Kim became immediate good friends with another Maine qualifier, Anne Marie Davee. And when the big day came, both made the same crucial mistake.

"We both got caught up in the excitement and enthusiasm. I had wanted to just break my PR (personal record) of 2:50. But I went out way too fast. I was 37:05 for the first 10-kilometers (her PR is 36:25) and was just over 61 minutes by the 10-mile mark, which is also much too close to my personal best. I would try to slow down -- maybe for two steps or so -- and then I'd be right back at that pace," Kim said, noting that almost all the women in this elite field weren't at all accustomed to being back-of-the-packers. By the 18th mile, "I was spent, just dying," she remembered ruefully. Still, she pushed herself to the finish, in just over 3 hours.

Laughing as she recalls that Kim "is always a couple steps in front of me," Anne Marie Davee (who ran a 3:14 at the Olympic trials) said of her friend Kim: "She's such a unique person...such a sweet, sensitive person who's always ready to help, even in a very tense, competitive atmosphere like the one out at the trials. She's not at all self-centered and yet I don't know anyone who's got her drive, her heart and soul."

By running in the 2 hours, mid-50-minute range Kim captured the women's titles this year in both May's Maine Coast Marathon (her third title there) and October's Casco Bay Marathon in Portland (her second title). She's not exactly sure just how many 50-milers she's done (yes, she really said that!); however, she has a personal best of 6 hours, 22 minutes at the Rowdy Ultra in 1982 and has completed the nationally-known Lake Waramaug 50-miler in Connecticut twice.

What about future athletic challenges?

Well, there's a two-day 100-mile cross country ski race in Canada that's caught her attention...and, oh yes, she already has the application for next year's Western States 100!



### FLYERS IN MAINE RUNNING MAGAZINE

Do you want to reach a great many runners without a great deal of hassle? Why not put your race application in **Maine Running Magazine**? Here's all you do:

Send us your flyer by the 10th of the month prior to the issue in which you wish your flyer to appear. The number varies depending on the time of year, but is usually between 900 and 1,200. The current rates are as follows:

\$20.00 for 8½ x 11 flyer with the words "Complete results in Maine Running"  
\$25.00 for 8½ x 11 flyer without the above statement.  
\$30.00 for 8½ x 14 **pre-folded** only!  
\$30.00 for multiple page and loose insert flyers.  
\$60.00 for single side 8½ x 11 flyer that we print for you on colored paper.  
\$85.00 for front and back flyers.  
Add \$15.00 extra if professional lay-out work is desired.

Best advertising deal around for your race!

### WHERE CAN I PICK UP A COPY OF MAINE RUNNING?

If anyone ever asks you where they too can get a copy of **Maine Running Magazine**, steer them to one of the following advertisers:

- OLYMPIA SPORT in South Portland
- THE GOOD SPORTS in Brunswick
- THE ATHLETIC ATTIC  
Located at Bangor Mall, Auburn Mall, Portland
- HASKELLS Bar Harbor
- JAMES BAILEY CO. - Portland, Augusta
- GOLDSMITH'S SPORTING GOODS  
Old Town, Rockland, Presque Isle,  
Bangor, Auburn
- THE STARTING BLOCK  
Hallowell
- YANKEE SPORTS AND RUNNING CENTER  
Freeport
- LIFE SPORTS OF ELLSWORTH

Please patronize the stores that keep **Maine Running** afloat. We wouldn't be here without them!

### ADVERTISING RATES IN MAINE RUNNING

The advertising rates in **Maine Running** are down-right incredible.

A full page \$65.00 a month;	\$650 per year
Half page \$37.50 a month;	\$375 per year
Quarter page \$22.50 a month;	or \$225 per year

There are special rates for 3 months; 6 month, and mixed packages as well.

Planning a large race? 200, 300 or more? Then you need. . .



The only way to handle large race fields. \$50.00 per race. Call 843-6262 to reserve the machine.

### HOW DO I SUBSCRIBE TO MAINE RUNNING?

All you need to do is send the bottom part of this page to the address on the title page along with a check for \$15 and we'll send you the magazine for a year.

NAME: \_\_\_\_\_ MAINE RUNNING  
P.O. BOX 259  
ADDRESS: \_\_\_\_\_ EAST HOLDEN, ME. 04429  
\_\_\_\_\_  
ZIP \_\_\_\_\_

MAKE CHECKS PAYABLE TO:

**MAINE Running**



# THE BEST OF TIMES - 1984

Here are the 1984 "Best of Times". The lists this year are restricted to certified courses in the State of Maine. If you ran a time better than any shown here, you probably ran in an uncertified race. In the 10K, every performance under 35 minutes for males and 42 minutes for women are listed. In 1985 we will try to keep a running list of best performances in certified races month to month. This should serve to encourage race directors to get their courses certified and the quicker runners to take part in certified events. In the marathon we've listed men's times under 2:35 and women's under 3:30. If any woman is really a man, please let us know.

## 10K

1. Malcolm East	Kingfield	29:57
2. Mark Kimball	Kingfield	30:15
3. Andy Palmer	Kingfield	30:16
4. Hank Pfeifle	Kingfield	30:24
5. <b>Gerry Clapper</b>	Gasping Gobbler	30:29
6. Bob Winn	Great Pumpkin	30:35
7. Stan Bickford	Gasping Gobbler	30:58
8. David Vona	Kingfield	31:02
9. Danny Paul	Kingfield	31:22
10. Greg Wardwell	Kingfield	31:34
11. John Fitzgerald	Gasping Gobbler	31:37
12. Peter Millard	Great Pumpkin	31:57
13. Peter Millard	Pen Bay Trade Winds	31:57
14. Peter Lessard	Gasping Gobbler	32:01
15. Dan Barker	Great Pumpkin	32:15
16. Peter Lessard	Kingfield	32:33
17. Steve Carle	Kingfield	32:33
18. Kim Wetlaufer	Kingfield	32:34
19. Rusty Cofrin	Great Pumpkin	32:36
20. Brian Warren	Gasping Gobbler	32:36
21. Kim Wetlaufer	Great Pumpkin	32:45
22. Ralph Duquette	Gasping Gobbler	32:52
23. Ken Botting	Great Pumpkin	32:53
24. Jeff Meserve	Kingfield	32:53
25. Jeff Meserve	Gasping Gobbler	33:04
26. Gregg Hime	Great Pumpkin	33:06
27. Bill Foulk	Great Pumpkin	33:11
28. Steve Podgajny	Great Pumpkin	33:15
29. Russ Northrop	Great Pumpkin	33:16
30. Mike Leighton	Gasping Gobbler	33:16
31. Floyd Wilson	Gasping Gobbler	33:22
32. Greg Nelson	Great Pumpkin	33:24
33. George Bockus	Gasping Gobbler	33:27
34. Alton Stevens	Kingfield	33:29
35. Floyd Wilson	Pen Bay Trade Winds	33:29
36. Steve Malloy	Kingfield	33:33
37. Robert Fitzgerald	Kingfield	33:34
38. Bill Hill	Kingfield	33:36
39. Hermon Pelletier	Kingfield	33:37
40. Greg Nelson	Gasping Gobbler	33:40
41. Alan DeCosta	Gasping Gobbler	33:42
42. Ron Newbury	Great Pumpkin	33:42
43. Eric McNett	Gasping Gobbler	33:43
44. John Hallee	Gasping Gobbler	33:44
45. Lawson Noyes	Great Pumpkin	33:44
46. Jeffrey Meserve	Blueberry Festival	33:44
47. Lawson Noyes	Kingfield	33:48
48. Phil Stuart	Kingfield	33:50
49. Brian McCrea	Kingfield	33:51
50. Keith Turner	Great Pumpkin	33:52
51. Brian McCrea	Gasping Gobbler	33:54
52. Greg Parlin	Kingfield	33:54
53. Lonnie Moody	Kingfield	33:57
54. Gordon Scannell	Great Pumpkin	33:58
55. C. Barry Fifield	Great Pumpkin	33:59
56. Greg Nelson	Kingfield	33:59
57. David Currier	Kingfield	33:60
58. John Condon	Gasping Gobbler	34:04
59. Steve Russell	Gasping Gobbler	34:10
60. Lee Stover	Kingfield	34:10
61. John Titus, Jr.	Kingfield	34:11
62. Dana Maxim	Gasping Gobbler	34:13
63. Paul Cole	Great Pumpkin	34:14
64. Rusty Taylor	Gasping Gobbler	34:19
65. O.J. Logue	Great Pumpkin	34:21
66. Jeff Beugtsson	Kingfield	34:24
67. Rick Lane	Great Pumpkin	34:30
68. Wayne Pelletier	Great Pumpkin	34:32
69. James Cotsis	Great Pumpkin	34:35
70. Frank Brume	Great Pumpkin	34:38
71. Phil Stuart	Gasping Gobbler	34:39
72. Ron Johnston	Great Pumpkin	34:46
73. Phil Coffin	Kingfield	34:47
74. B. Peabody	Pen Bay Trade Winds	34:48
75. Dick McFaul	Great Pumpkin	34:49
76. Mike Towle	Kingfield	34:49
77. John Mathieu	Gasping Gobbler	34:53
78. Fred Judkins III	Kingfield	34:55
79. Wayne Clark	Kingfield	34:56
80. Danny Campbell	Gasping Gobbler	34:57
81. Bob Provost	Great Pumpkin	34:57
82. Mike Lally	Kingfield	34:58
83. Stacey Fontaine	Kingfield	34:59

1. Kathy Northrop	Great Pumpkin	35:20
2. Joanna Green	Great Pumpkin	35:34
3. Katie Martin	Kingfield	36:14
4. Susannah Beck	Kingfield	36:31
5. Robin Emery	Kingfield	37:08
6. Anne Marie Davee	Kingfield	37:39
7. Cecily Currier	Kingfield	37:49
8. Brook Merrow	Kingfield	37:51
9. Anne Marie Davee	Pen Bay Trade Winds	38:04
10. Delinda Smith	Kingfield	38:05
11. Linda Kenniston	Kingfield	38:05
12. Debby Sawyer	Kingfield	38:09
13. Mardi Reed	Great Pumpkin	38:37
14. Donna Dearborn	Great Pumpkin	38:44
15. Mary Bart	Great Pumpkin	39:17
16. Debby Sawyer	Great Pumpkin	39:32
17. Diane Wood	Gasping Gobbler	39:50
18. Linda Roberts	Gasping Gobbler	40:14
19. Denise Harlow	Blueberry Festival	40:33
20. Karen Goodberlet	Blueberry Festival	40:48
21. Jill Sheive	Gasping Gobbler	41:48

Only the first 9 female finishers at Kingfield were available.

Depth of Field:

Men			Women		
Kingfield	32	39%	Kingfield	9	43%
Pumpkin	24	29%	Pumpkin	6	29%
Gobbler	23	28%	Gobbler	3	14%
Pen Bay	3	4%	Blueberry	2	10%
Blueberry	1	1%	Pen Bay	1	5%

Congratulations to all these great races and their race directors. Let's hope that more 10K's are certified in 1985!

## MARATHON

1. Jimmy Fallon	Maine Coast	2:23:01
2. Henri Bouchard	Casco Bay	2:25:46
3. Rock E. Green	Maine Coast	2:26:50
4. Peter Millard	Sugarloaf	2:26:57
5. Rock E. Green	Casco Bay	2:28:53
6. Ray Nelson	Maine Coast	2:29:04
7. Peter Crooke	Paul Bunyan	2:29:10
8. Tim Pritchard	Maine Coast	2:29:42
9. Larry Skinner	Maine Coast	2:29:45
10. Bill Derosier	Paul Bunyan	2:29:47
11. Mike Westphal	Sugarloaf	2:29:53
12. Bob Sholl	Maine Coast	2:30:47
13. Mark Behan	Casco Bay	2:31:10
14. Tom Amiro	Maine Coast	2:31:23
15. Steve Carle	Casco Bay	2:31:25
16. Jim Toulouse	Casco Bay	2:32:35
17. <b>Jonathan Williams</b>	Casco Bay	2:32:44
18. Jeff Mello	Casco Bay	2:33:09
19. Richard Weinstein	Casco Bay	2:33:40
20. George Towle	Casco Bay	2:33:45
21. Ray Mathew	Maine Coast	2:33:55
22. John Boyle	Maine Coast	2:34:03
23. Lance Guiliani	Casco Bay	2:34:18
24. Brian McCrea	Casco Bay	2:34:20
25. George Towle	Maine Coast	2:34:28
26. Eric McNett	Maine Coast	2:34:55



## QUICK ONES



1.	Kim Beaulieu	Casco Bay	2:54:59
2.	Kim Beaulieu	Maine Coast	2:55:23
3.	Marcia Fahy	Casco Bay	2:59:03
4.	Constance Kimball	Maine Coast	2:59:21
5.	Darlene Higgins	Paul Bunyan	3:02:43
6.	Ellen Schmidt	Maine Coast	3:04:34
7.	Beverly Williams	Sugarloaf	3:04:41
8.	Ann Blumer	Casco Bay	3:05:10
9.	Ann Blumer	Paul Bunyan	3:05:24
10.	Carol Roy	Casco Bay	3:06:18
11.	Debbie Sawyer	Sugarloaf	3:08:14
12.	Darlene Higgins	Casco Bay	3:08:22
13.	Chrisandra Simmons	Maine Coast	3:09:32
14.	Kelly Bennett	Maine Coast	3:10:05
15.	Connie McLellan-Cuff	Casco Bay	3:10:51
16.	Judy Ketcham	Casco Bay	3:11:33
17.	Joanne Cole	Maine Coast	3:12:28
18.	Mary Rose	Casco Bay	3:12:35
19.	Darcy Johnson	Maine Coast	3:13:40
20.	Kathy Barry	Maine Coast	3:14:11
21.	Dorothy Helling	Maine Coast	3:14:48
22.	Jo Comeau	Maine Coast	3:15:30
23.	Mary Zickus	Maine Coast	3:17:36
24.	Carol McRea	Casco Bay	3:18:08
25.	Nancy Gagnon	Maine Coast	3:18:21
26.	Debra Murphy	Maine Coast	3:18:40
27.	Renee Waiker	Maine Coast	3:18:53
28.	Irene Kamfonik	Maine Coast	3:18:55
29.	Rose Galligan	Casco Bay	3:19:27
30.	Donna Howard	Maine Coast	3:20:23
31.	Carla Desbois	Casco Bay	3:21:14
32.	Mimi Mattson	Casco Bay	3:21:18
33.	Carol McElwee	Casco Bay	3:24:20
34.	Rosalyn Randall	Maine Coast	3:24:26
35.	Linda Cristofaro	Maine Coast	3:24:43
36.	Mert Dearnley	Casco Bay	3:24:50
37.	Virginia Vendrell	Maine Coast	3:26:39
38.	Beth Germanotta	Maine Coast	3:26:40
39.	Brook Merrow	Casco Bay	3:27:06
40.	Catherine Jarratt	Maine Coast	3:28:03
41.	Sandra Wyman	Maine Coast	3:28:35
42.	Patricia Murray	Maine Coast	3:29:34
43.	Barbara Coughlin	Maine Coast	3:29:43

#### Depth of Field:

Men			Women		
Maine Coast	11	42%	Maine Coast	24	55%
Casco Bay	11	42%	Casco Bay	15	35%
Paul Bunyan	2	8%	Paul Bunyan	2	5%
Sugarloaf	2	8%	Sugarloaf	2	5%



For the past three years Maine Running has chosen "Runners of the Year" based on an objective formula. We looked at the best marathon, 10K, distance greater than 10K and any other best time and added up points earned through charts contained in a computerized training guide.

This year we are changing the ground rules. The same formula will be used, but the only times that will be used are those run in certified races in the State of Maine.

Maine Running and Outing salutes those runners who are brave enough and strong enough to test themselves on the national level. Runners like Andy Palmer who handily won our 1984 laurels with these outstanding performances:

2:22:16 marathon at Toronto  
1:32:37 30K  
29:27 10K  
39:02 8M

and, of course, Joan Benoit who is without equal in the long distance community.

But, now we wish to salute all runners who run the roads of Maine. We do so for several reasons. One, we want to attract the very best runners to our races. Two, we hope to encourage race sponsors and directors to get their events certified and sanctioned by the national governing body, the T.A.C. And finally, there has been some debate about whether or not runners like Andy, Sammy Pelletier, and others are truly Maine runners. Well, under the new system that concern will be thrown out, for we will be crowning the best performers in the State of Maine and not the best citizens although many of our citizens who live and go to school outside the state are our greatest ambassadors. So, get busy, plan your schedule and send your best times to MR&O when you have completed the four requirements. We will periodically publish the standings and will go as deep as you let us. We will update the standings if you improve on any of your times and you will be able to see just where you stand throughout the entire year. Good luck, and thanks Andy & Joan



© 1983 - HIPARSONS



© 1983 - HERB PARSONS

## TROPHIES & AWARDS

- \*Prompt service
- \*Engraving
- \*Trophies
- \*Plaques

Economy Trophy  
Bob Hagopian  
109 Main St.  
Madison, Me.  
04950  
696-5548



## 'THE PACK'

### THE GREAT OSPREY OCEAN RUN Freeport

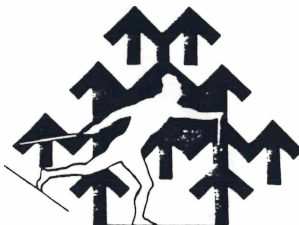
Nov 18th

1. Eric McNett 29	34:04
2. Stephen Sarkozy 16	34:10
3. Phil Stuart 37	34:53
4. Henry Golet 47	35:09
5. Joshua Antrim 23	35:10
6. Bruce Jones 31	35:13
7. John Titus 29	35:17
8. Ron Johnston 32	35:19
9. Joel Croteau 40	35:32
10. Steve Peterson 35	36:14
11. John James 32	36:18
12. Paul Letarte 31	36:19
13. Mike Perry 32	36:28
14. Jeff Bengtson 25	36:39
15. Joel Titcomb 25	37:10
16. Robert Cuthbertson 27	37:36
17. Kurt Nielsen 30	37:38
18. William Landis 31	37:53
19. Mike Thompson 26	37:54
20. Joel Meehan 38	38:04
21. Tom Allen 28	38:09
22. Jorge Leon 33	38:23
23. Chase Pray 40	38:23
24. Dave Burgess 23	38:24
25. Frank Farland 36	38:29
26. Don Harden 34	38:35
27. Gregory Golet 20	38:42
28. Vern Demmons 38	38:50
29. David Bray 36	39:02
30. Patrick Connell 31	39:20
31. James Graham 25	39:36
32. Mark Seamans 27	39:38
33. David Stone 31	40:08
34. Ray Cooper 42	40:17
35. James Cox 28	40:36
36. Mark Ramsey 25	41:09
37. Robert Rines 29	41:27
38. Charles Hall 21	41:41
39. Rick Manette 33	41:56
40. Vin Skinner 26	42:15
41. Eric Smith 26	42:37
42. David Quinn 36	42:40
43. Frank Whittier 23	42:45
44. John Schwerdel 39	42:58
45. Brian Hall 37	43:09
46. Rick Rosengsen 25	43:20
47. Thomas Hall 18	43:22
48. James Booth 39	43:28
49. Chuck Stergiou 24	43:50
50. Terry Rowbotham 30	43:51
51. Charles Farrell 34	43:52
52. Joanne Cole 29	43:54*
53. John Cole 43	43:54
54. Dave Gagan 48	43:59
55. George D'Alessandro 39	44:13
56. Ken Brennan 40	44:17
57. Don McGilvery 33	44:30
58. Brad Owens 17	44:36
59. Don Cellar 41	44:40
60. Jerry St. Amand	45:01
61.	
62. Don Brewer 29	45:09
63. Neil McInnis 27	45:13
64. Steve Collins 47	45:23

65. Robert Jones 43	45:28
66. Tim Boyden 22	45:37
67. Walter Smith 42	45:40
68. Ron Pelton 31	45:41
69. Tim Holland 39	45:41
70. Ron Davis 33	45:45
71. Gregory Long 27	45:48
72. Maureen Morin 21	45:50*
73. John Ouillette 36	46:25
74. Carole Gaglione 26	46:40*
75. Allen Hersom 26	46:51
76. Kate Boland 34	46:54*
77. Chris Grant 24	46:59
78. Wayne Hamilton 36	47:00
79. Donna LaPierre 44	47:22*
80. Craig Haggett 29	47:38
81. Patricia Rulman 27	47:46*
82. Gloria Elliott 30	48:09*
83. Doug Cross 33	48:30
84. S.M. Hall III 24	48:31
85. Steve Bubar 37	48:33
86. Carole Cifrino 29	48:35*
87. Jane Rowdy 30	48:40*
88. Bernadette Sylvain 37	48:45*
89. Matthew Sunter 28	48:52
90. Patty Jacobs 35	48:59*
91. Don Spear 55	49:03
92. Walter Hoerman 25	49:08
93. Jonathan Fillmore 36	49:22
94. Sandra White 23	49:25*
95. Maryellen O'Connor 23	49:30*
96. Jennifer Oddleifson 23	50:01*
97. Edward Juhl 30	51:09
98. Beth Whitman 24	51:34*
99. Donna Glover 18	51:40*
100. Charles Glover 46	51:41
101. Geraldine Golet 39	51:48*
102. Denise Bubar 37	52:28*
103. Avis Ingalls 35	53:15*
104. Bridget Healy 40	53:36*
105. Perry Barnard 44	53:37
106. Kathleen Carney 26	54:49*
107. Lynne Wetherell 32	56:37*
108. Jill Litchfield 29	57:38*
109. Judith Golding 29	62:26*
110. Kandyleigh Provencher 27	62:57*
111. Scott Wilson 39	67:57

Results courtesy of Pete Marczak  
Race Director

\*\*\*\*\*



# Bretton Woods

BIATHLON SERIES

BRETTON WOODS BIATHLON SERIES  
Bretton Woods, N.H. Jan 12th

1. Keith Woodward VT	2-2	39:35
2. Bob Haydock MA	3-3	41:05
3. Mark Engbert NH	4-2	45:20
4. *THOMAS TOWLE ME	4-5	46:50
5. Eric Chandler NH	4-4	47:40
6. Chris Cogswell MA	1-3	47:57
7. Barry Bedeaw NH	5-2	48:08
8. Dan Jacques NH	5-4	49:37
9. *AL GALLANT ME	2-2	50:13
10. Brian Earl NH	3-5	50:53
11. Stu Trembley NH	4-4	51:52
12. Richard Luff NH	5-3	56:19
13. Andy Baroni MA	3-2	56:59
14. Pat Bowe CT	4-2	59:23
15. *STEVEN SCOTT ME	2-2	59:40
16. Leonard Wood RI	4-3	60:15
17. Donna White NH	2-4	60:57*
18. Paul Riccardi MA	4-4	61:33
19. Dean Allard CT	4-3	62:23
20. Richard Burmeister RI	5-4	63:07
21. Michael Murray RI	4-5	73:59
22. Carl Blackside CT	2-4	76:11
23. Lawrence Curtis MA	4-4	80:03
24. *RON OTIS ME	5-5	83:32
25. *BOB BOOKER ME	4-4	85:58
26. David Morris CT	4-3	88:36
27. *BOB CALDWELL ME	5-4	99:18
DNF Bill Duggan NH		

Well, it came to fall, (and it fell more than once) that yours truly jumped into biathloning with both underwaxed feet.

The team travelled to the Washington Valley in an Army ambulance (like the ones you see on M.A.S.H.) and took on the rest of New England's National Guard Biathlon teams.



I only fell twice in the first 2.5K loop and managed to hit the fifth of five targets before slip sliding into the long 5K stretch. At least a dozen long legged marathon skaters swooshed by me as I entered this second loop. I was quite proud of myself for not breaking anything (especially my rifle as I puffed into the range for a second crack at the metal targets. After managing yet another hit out of my five rounds, I attacked the first 2.5K leg again. It seems I fell in exactly the same two areas this time as well.

I finally crossed the finish line in 1 hour 17 minutes and 58 seconds. I felt good that I had finished and would only suffer two or three aches and pains for the experience. Later I was to learn that with my 8 penalty minutes added on for my eight misses on the range, I was to finish 25th out of 28 contestants. That's just about the same position I finished my first road race in - ahead of just 11% of the field.

The next day our coach, Ron Fletcher, (Cliff the Maine Road Rambler's brother) taught me how to ski. He put some wax on the bottoms of my skis and made me run back up hills I'd fall on and try them again until I made it. I sure hope I learn fast because we're on our way to the nationals in less than two weeks!

Bob

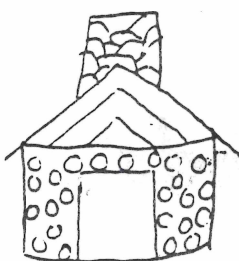


# Ye Runners of Woods

Awright you guys and guyettes!! You know that the 4th annual Wild Katahdin Trust Snow Run is coming up on February 9th, right?!?!? Planning on coming right?!?!? Wouldn't miss it, right!! Oh sure... Do you know how many times ole Nerd and Duane have said that and how many times they've missed the race and got completely messed...up?!?!? Well...if these dedicated, finely tuned, world class athletes can find an excuse not to race even us common folk might be so inclined. Anyway... in that event please consider that none of the following will be acceptable in lieu of your presence at this festive event!

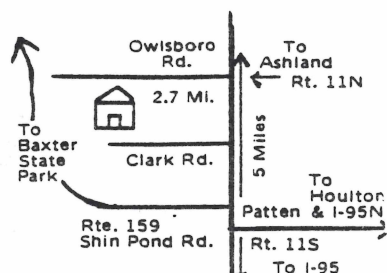
- But honey...it's so faaar...
- The weather will be lousy anyway so why plan on going...
- Where the hell is Patten?!
- But dear...that's mother's birthday...
- I'll probably be the mean runner and they'll embarass me something wicked.
- Last year Nerdlie kept pinching me!
- I'm not running anyplace that's not wheel-measured!
- It's a great race and I don't mind all the hugging, but those two guys haven't showered in a month!!
- I don't like potatoes!!
- Jeez, I only got 10 miles in last week...
- I'm into swimming now...
- Well, I'll go but I'm not going to race it...
- I don't like shotgun starts...
- I might go just to eat some of Ellis's grub!!

If you choose one or more of the above welcome to the "wimp" class - True SNOW RUNNERS ain't afeared a nuthin. Be a tough dude, put you carcass on the funnest 4.8 miler in North America!!!!



# OWLROCK SAUNA

## ROAD RACE



WHERE: Owlrock Sauna, Mount Chase, Maine., 04765

WHEN: Saturday, March 2, 1985, 11 AM

COURSE: Six miles on a country road, no traffic, hilly and challenging; it is an out and back course, the first mile down hill, the last up hill. Last year it was very cold! So come prepared. There are orange stick markers every mile and a vehicle will be available for all who do not finish.

FACILITIES: Restroom, changing rooms, sauna rooms and relaxation area.

Registration: \$5.00

Since last years race there have been many inquiries. Due to the size of the facilities and the anticipation of many runners we will have to limit the race to the first 100 entrants. PLEASE register early by mail. If there is any question as to how many runners there will be don't hesitate to call. Tel. 5282095

TROPHYS: Hand made trophies to the first three finishers in each category:

13 and under	30-39
14-19	40-49
20-29	50 and over

A door prize chance for all participants!

REFRESHMENTS: Orange juice, herb teas and natural foods

OTHER INFO: A wild moose horn start!

SPONSOR: Owlrock Sauna, Mt. Chase

-----  
--SAUNA FOR ALL PARTICIPANTS--  
-----

In consideration of this entry being accepted, I for myself, my heirs, executors, administrators waive and release any and all rights and claims for personal damage I may have against officials and race sponsors. I attest and certify that I have full knowledge of the risks in this event and I am physically fit to participate in the Owlrock Sauna Road Run.

Signature:.....

Parents signature is required if participant is under 18

Name: .....

Address: .....

City: ..... State: .....

Zip: ..... Age: ..... Sex: .....

13 and under..... 19 and under..... 20-29.....

30-39..... 40-49..... 50 and over.

Mail entry and fee to:

Annaliese or Preston Hood

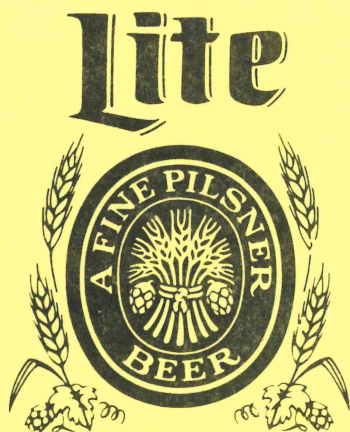
Owlrock Sauna

Owlsboro Road, RR1 Box 164

Patten, Maine 04765

Make checks payable to: Owlrock Sauna





# THE GREAT LITE BEER MAINEiacs HALF MARATHON

IN SUPPORT OF THE MAINEiacs CHARITIES



**SATURDAY, MARCH 30, 1985**  
**11:00 A.M. BANGOR, MAINE**

Course: 13.0938 miles. Consists of one loop through the outskirts of Bangor, Maine. Course maps will be included in race packet. Return to the "Iceberg" course. A classic!

Entry Fee: A minimum donation of \$5.00 to the MAINEiacs Charities. Feel free to donate more, it's to a very worthy cause. Registration material and final instruction sheets may be picked up at the Holiday Health and Racquet Club, Odlin Road, Saturday, March 30 from 9 to 10:30 a.m.

Race Features: Course Control and Medical Aid supplied by the Maine National Guard.

- Digital Clock on lead vehicle and at finish.
- Chronomix electronic finish
- Mile markers every mile
- 4 water stations
- Splits at 1 mile and 10K
- Post Race Party with beer and refreshments
- Long sleeved T-shirts for the first 100 registrants
- Sauna, showers and changing facilities available

Team Competition: Teams must enter separately with a maximum of 7 members, 5 scoring. There will also be special team awards for competition between the Army and Air National Guard. The first ten guardsmen to finish will be chosen to represent the State of Maine at the upcoming National Guard Marathon Competition in the Lincoln Marathon, Lincoln, Nebraska.

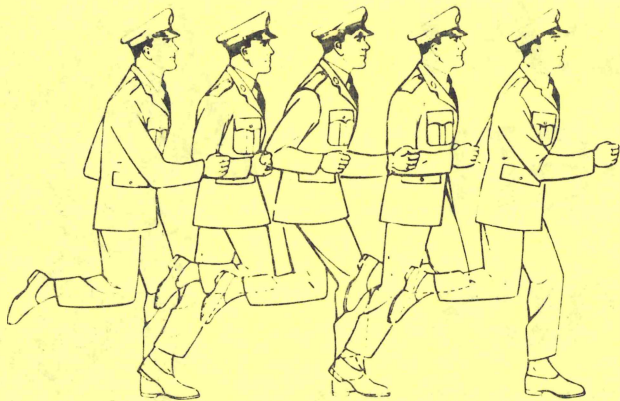
Awards: Merchandise awards to top finishers plus additional random drawings. Awards ceremony at 1:30 p.m.

**Holiday  
Health & Racquet  
Club**



COMPLETE RESULTS WILL BE PRINTED IN MAINE RUNNING & OUTING





Directions to Start: Take the Hermon Exit West off Interstate 95, then left at the traffic light to the Holiday Health & Racquet Club of Bangor.

Detach below and mail to:

Great Lite Beer MAINEiac Half Marathon  
PO Box 259  
E. Holden, ME 04429

Please make check payable to: MAINEiac Charities.

Entry must be mailed (for teams) by March 20th.

## The Great Lite Beer MAINEiacs Half Marathon 1984.

Our race last year was set up primarily to pick the State of Maine's National Guard Marathon team, a team that captured 6th place among all the states' teams at the Lincoln Marathon last May.

We raised over \$650 for the MAINEiacs Charities and they in turn invested the bulk of that sum in things like a Christmas party for handicapped youngsters, the Ronald McDonald House, the Jaws of Life and other area charities.

Misa Fossas, an All-American Cross Country star from Brandeis University, ran away from the field to record an impressive 1:07:57.7 win nearly 5 minutes in front of his teammate, Ed McCarthy. The two young men will be back to take on Maine's finest runners once again.

Ann Blumer started her great year with a bang by capturing the women's event in 1:26:31. She should get a serious challenge from some of Northern Maine's quickest women.

TEAM PALMER (Fossas, McCarthy and Gary Allen of Cranberry Island) will have to add a few more ringers to defend their team championship and the Army National Guard will have to bring out their best to take on a much improved Air National Guard team.

Don't miss the "after the run" get together as Mike Dolley of Haffenreffer Beverage throws out the first keg of the season in eastern Maine!

**Team Registration:** This year, we are only accepting pre-registered teams of five or more athletes. There will be special plaques for every team and every team will be recognized at the awards ceremony. Find four other club members, or other soul mates and form a team. It makes it all that much more enjoyable for everyone. Team captains should report to the registration table to pick up results form.

Name of Team: \_\_\_\_\_

Team Members:

- |    |    |
|----|----|
| 1. | 5. |
| 2. | 6. |
| 3. | 7. |
| 4. |    |

The organizers of this event guarantee far better weather this year than last. If this is not the case. . . sue us! Just think nice thoughts. Sunny! Warm! In the mid 50's with no wind. Trust us, it will work!  
The Management

### PLEASE PRINT

NAME \_\_\_\_\_ Age \_\_\_\_\_ Occupation \_\_\_\_\_

ADDRESS \_\_\_\_\_ Sex \_\_\_\_\_

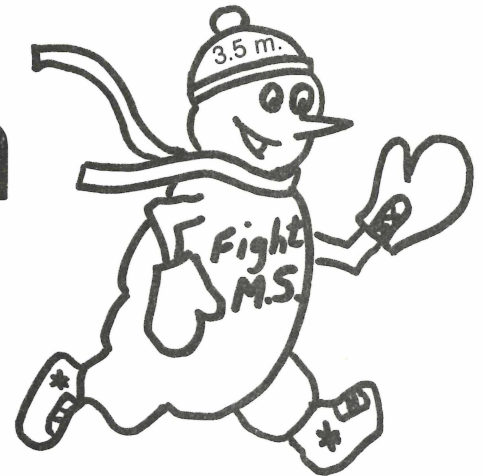
FASTEST PREVIOUS HALF MARATHON: Hour \_\_\_\_\_ Min. \_\_\_\_\_ Sec. \_\_\_\_\_

I hereby waive and release any and all rights and claims for damages I may have against any sponsors and officials of the Great Lite Beer MAINEiacs Half Marathon for any and all injuries suffered by me in said event. I attest and verify that I am physically fit and have sufficiently trained for this event.

\_\_\_\_\_  
Your Signature / Parent or Guardian if under 18



# Frostbite Run Against M.S.



\*\*\* 3rd ANNUAL EVENT \*\*\*

Join us in the 3rd annual Frostbite Run Against M.S. By entering, you will contribute toward multiple sclerosis patient services in Maine. M.S. strikes young adults in the prime of their lives. There is no known cause nor any cure for this disease. According to the National Multiple Sclerosis Society, Maine has more than 1500 M.S. patients which is one of the highest incidents of multiple sclerosis victims per capita in the nation.

Please join our Frostbite Run Against M.S. Your support will help comfort those suffering with this crippling disease.

---

Date: Saturday, March 9, 1985. Time: 10:00 A.M.

Location: Start and finish at Ellsworth High School, off Route 1A.

Course: 3.5 miles on back roads and Route 1A.

Registration: Fee is \$5.00. Registration begins at 9:00 A.M. T-shirts to first 50 to pre-register. Pre-registration checks should be made payable to Maine M.S. Society and should be forwarded with registration form to: James L. Pendergist, P.O. Box 417, Ellsworth, Me. 04605. Tel: office-667-7101, home-667-8886.

Facilities: Rest rooms at the high school. Beverage at finish.

Award Catagories: Male/Female- 14 and under      20-29    40-49  
Overall                      15-19                      30-39    50 and over

\* Huge trophy awarded to top high school team. Minimum 3 boys, 2 girls/team.

---

## REGISTRATION FORM

In consideration of acceptance of this entry, I hereby waive and release any and all rights and claims for damages I may have against sponsors and officials for any and all injuries suffered by me in the Frostbite Run '85.

Name \_\_\_\_\_ T-shirt size: S M L XL

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

Signature \_\_\_\_\_ Age \_\_\_\_\_

Parent or guardian (if under 18) \_\_\_\_\_



DOWNEAST GRAPHICS & PRINTING, INC.  
ELLSWORTH, MAINE  
Supports The Fight Against M.S.



# FROSTBITE

## 5K

T-SHIRTS TO FIRST ONE HUNDRED  
ENTRANTS

SHOWERS AVAILABLE, SOUP AND  
CHOWDER AT THE FINISH FOR  
RUNNERS

AMPLE DOOR PRIZES FOR RUNNERS IN  
CONJUNCTION WITH THE SKOWHEGAN  
CRAFTS FAIR

DATE: February 9, 1985

TIME: 11:00 A.M.

PLACE: Skowhegan Area High School, Skowhegan, Maine

ENTRY FEE: \$4.00 in advance

\$5.00 the day of the race

Make checks payable to Dollars for Scholars

\*\*\*\*\*  
In consideration of this entry being accepted I for myself, my heirs, administrators and assigns, hereby waive and release any and all rights, and claims I may have against the sponsors of this event. I also release the rights to all photographs to the sponsors of the race for current or future publicity purposes.

NAME \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_

ADDRESS \_\_\_\_\_ ZIP CODE \_\_\_\_\_

PHONE \_\_\_\_\_ T-SHIRT S M L \_\_\_\_\_

SCHOOL OR ORGANIZATION \_\_\_\_\_

SIGNATURE \_\_\_\_\_

PARENTS SIGNATURE IF UNDER 18 \_\_\_\_\_

MAIL TO DOLLARS FOR SCHOLARS, SKOWHEGAN AREA HIGH, SKOWHEGAN, ME 04976





# MAINE NORDIC COUNCIL

THE FOLLOWING MUST BE SIGNED IN ORDER TO PARTICIPATE IN ANY MAINE NORDIC COUNCIL SERIES COMPETITION.

If you do not accept fully the conditions below, DO NOT COMPETE.

I undersigned, know that Nordic Skiing Events are action sports carrying significant risk of personal injury. Racing, jumping, or biathlon competition is even more dangerous. I know that there are natural and man-made obstacles or hazards, surface and environmental conditions and risks which in combination with my actions can cause me very severe or occasionally fatal injury. I agree that I, as a participant must take an active role in understanding and accepting these risks, conditions and hazards. I also agree that I, and not the ski area or its staff or the sponsor or USSA or any of its subordinate groups and/or its clubs, officials and staff, am responsible for my safety while I participate in or train for these events.

Organizers and racers please note: This statement of risk, and the signature thereto, shall be valid for all single competitions of this meet. The meet includes all competitions staged by this organization at this site in a contiguous period of time, and acceptance of the risk applies to all of the competitions of this meet.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_  
(Parent or Guardian or Coach if under 18)

Bib No.: \_\_\_\_\_ Overall Place: \_\_\_\_\_ Class Place: \_\_\_\_\_

Name: \_\_\_\_\_ Class: \_\_\_\_\_

Club or Town: \_\_\_\_\_ College Outing Club: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_

Name of Event: \_\_\_\_\_

Event: Cross Country: \_\_\_\_\_ Jump: \_\_\_\_\_ Nordic Combined: \_\_\_\_\_ Biathlon: \_\_\_\_\_

Date of Event: \_\_\_\_\_ Fee Paid: \_\_\_\_\_ Amount Paid: \_\_\_\_\_

Length of Race: \_\_\_\_\_ Hill Size: \_\_\_\_\_

Time In: \_\_\_\_\_  
Start Time: \_\_\_\_\_  
Overall Elapsed Time: \_\_\_\_\_  
Min. Sec.

THE RELEASE FORM ABOVE MUST BE SIGNED

Note: Anyone 13 and under should be encouraged to compete in Billy Koch Youth Ski League competitions with meets on Sundays in January and February.

## AGE CLASSES:

15 and under  
16 - 19  
20 - 29  
30 - 39  
40 - 49  
50 - 59  
60 and over

Male  
A  
B  
C  
D  
E  
F  
X

Female  
G  
H  
I  
J  
K  
L  
Y



"FOR THE BETTERMENT OF NORDIC SKIING IN MAINE"

16 STEWART AVENUE  
FARMINGTON, ME 04938  
(207) 778-2830



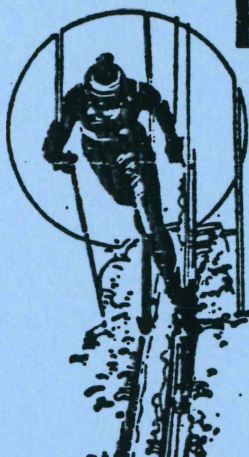
GOLDSMITH'S GOLDSMITH'S GOLDSMITH'S GOLDSMITH'S GOLDSMIT



# GOLDSMITH'S

HOGAN ROAD • 947-1168 • BANGOR  
VISIT OUR OTHER LOCATIONS  
ROCKLAND • PRESQUE ISLE • OLD TOWN • AUBURN

## WE HAVE YOUR NEXT PAIR OF SKIS



### Atomic ACC Microstep 15 Ski Waxless "No Work" Base

package includes:

Atomic ACC Microstep 15 Ski	\$110.00
Adidas Arosa Boot, 50/7 Toe	\$49.99
Adidas 50/7 Touring Binding	\$7.99
Exel or Swix Fiberglass Pole	\$12.99
	<u>\$180.97</u>

**Goldsmith's Package Price** **\$99.99**  
**While Supplies Last**

All Packages Include:

• **FREE Mounting** • **FREE Base Preparation** • **FREE Ski Ties**

Choose Other Packages From:

**Adidas - Atomic - Epoke - Karhu - Trak**

Boots and Bindings From:

**Salomon - Dachstien - Adidas - Trak - Rottefella**

\*\*\*\*\*  
Also: Don't forget to check our sale rack—where  
all skis are 60% off. (Sizes limited)  
\*\*\*\*\*

## GOLDSMITH'S

SPORTING GOODS  
HOGAN RD.  
BANGOR, 947-1168

Mon. - Thurs.....10 - 8  
Fri.....10 - 9  
Sat.....10 - 6

SKI PACKAGES ALSO AVAILABLE AT OLD TOWN & PRESQUE ISLE

GOLDSMITH'S GOLDSMITH'S GOLDSMITH'S GOLDSMITH'S GOLDSMIT



# Saucony®

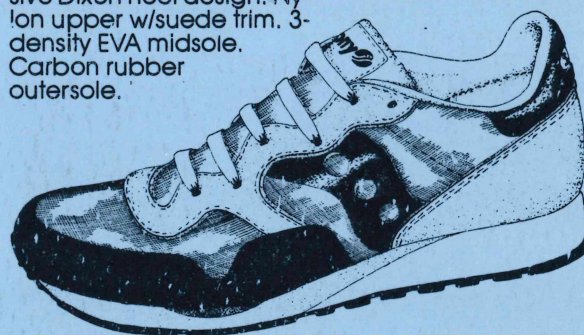
## BROUGHT TO YOU BY THE ATHLETIC ATTIC

Saucony brings wings to your feet in its Flite. A lightweight, durable shoe. Mesh and pigskin upper. Dual density urethane midsole, "Indy 500" rubber outersole.

women's sizes.



The Dixon Trainer. Inspired by Rod Dixon, winner of the 1983 N.Y. Marathon. Exclusive Dixon heel design. Nylon upper w/suede trim. 3-density EVA midsole. Carbon rubber outersole.

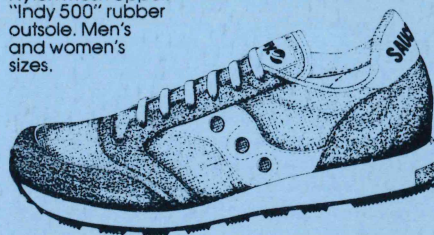


**CUSTOMER SERVICE AND QUALITY RUNNING SHOES  
LIKE SAUCONY ARE THE FIRST PRIORITY AT THE  
ATHLETIC ATTIC.**

**COME INTO THE ATTIC,  
MEET OUR STAFF, AND  
TRY**

**Saucony®**

Jazz Plus. Saucony superior quality for the medium to high mileage runner. Nylon Mesh Upper. "Indy 500" rubber outsole. Men's and women's sizes.



**BANGOR MALL**  
Skip Howard  
(207) 947-6880

**METHUEN MALL**  
Kevin Retelle  
(617) 683-5069



**AUBURN MALL**  
Paul Hammond  
(207) 786-2507

**BACK BAY PORTLAND**  
Doug Ingersoll  
(207) 775-6244